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HE & **HE**

Vol. 98 NO. 11 November 1997 U.K. £2.60 CAN \$7.50

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A PARAFOTOS VIDEO

Daggers drawn for d'Agde?

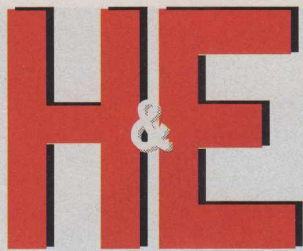
I've never been to Cap d'Agde. I know, shocking that the editor of the most celebrated naturist magazine has never visited Europe's most well known naturist city. Like most of us I have to rely on hearsay, while recognising people react very emotively to this extraordinary resort.

D'Agde has always been a controversial naturist destination. On one hand it offers the most comprehensive opportunities for naked living: you can visit shops, banks and restaurants without wearing a stitch. On the other hand, it attracts the more extreme devotees of naked living, and behaviour which some say has no place in a naturist environment.

In this issue we take a long look at what Cap D'Agde has to offer, recognising both its tempting and its tawdry side. In the end I still think there's only one way to know for sure - go there yourself. Now where is my invite. . ?

**HELEN
LUDBROOK**





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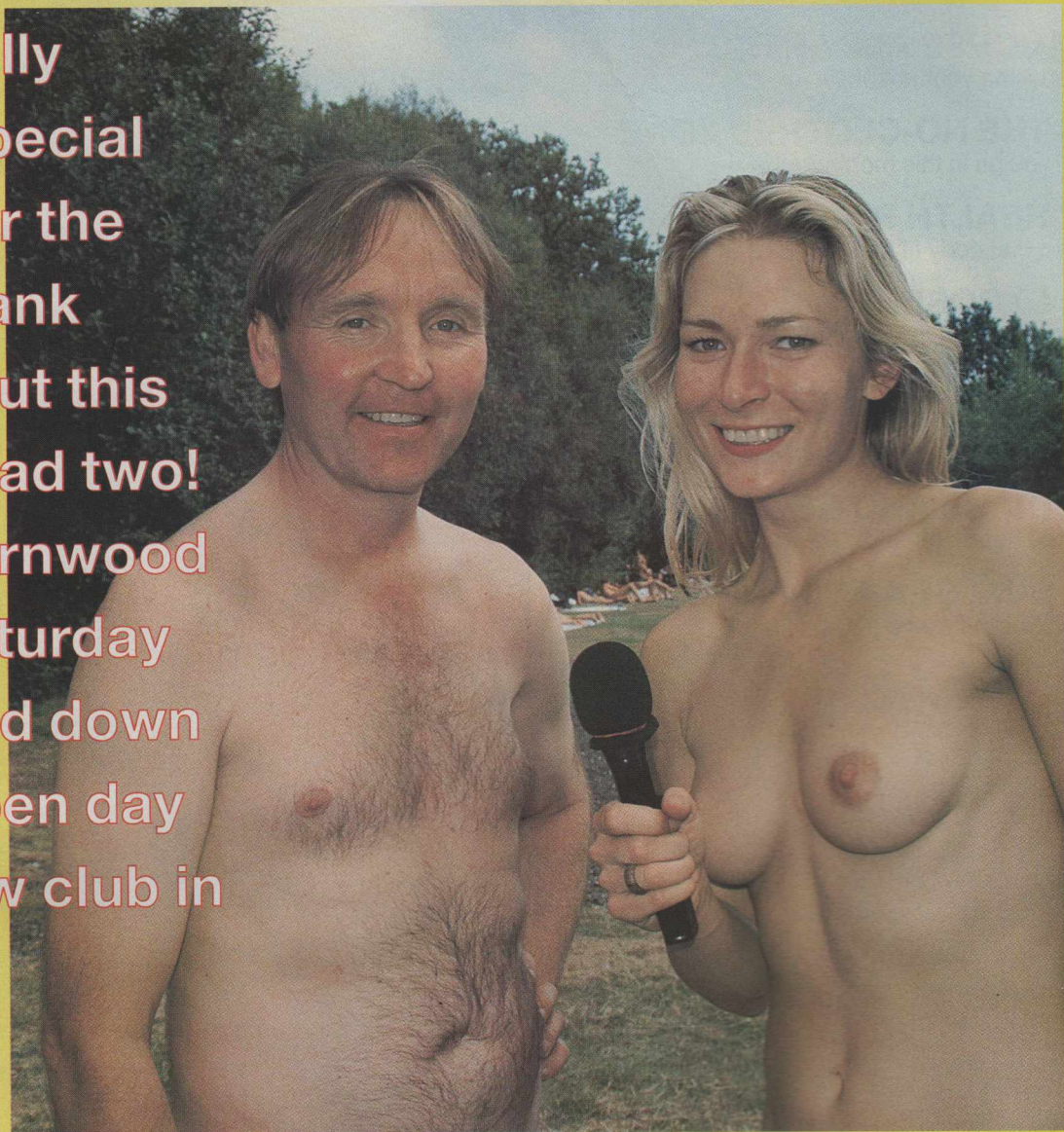
Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are wonderful! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them. From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

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H&E usually holds a special event over the August bank holiday, but this year we had two! After Charnwood on the Saturday we dashed down for the open day at our new club in Kent



**BANK
HOLIDAY
BONUS!**

Diana and George
stand proudly at
Christmas Pie



**"PEOPLE STARTED ARRIVING
AFTER ELEVEN AND BY
LUNCHTIME WE HAD AROUND
A HUNDRED PEOPLE NAKED,
RELAXED AND HAPPY ON
CHRISTMAS PIE'S
SUNBATHING LAWNS."**

August bank holiday this year came at the end of a month of unbelievably hot weather. Britain sizzled at temperatures frequently higher than some of her continental neighbours. For once, outdoor nudity in Britain must have seemed tempting to all but Mary Whitehouse.

It was both ironic and highly predictable that once we hit the bank holiday temperatures dropped and it started raining. But it didn't stop H&E's busiest weekend proving to be anything less than fantastic.

On the Saturday we were at Charnwood Acres as part of the club's programme for the bank holiday weekend. H&E held their Fun Day there last year but it hadn't been as successful as we'd hoped. Charnwood had been the perfect hosts but what with the problems faced by H&E's old publisher, Peenhill, the day was pretty chaotic. Pat and Peter Beekerton had welcomed us back despite what had happened. Events this year were a lot more low key but they had been thought out and well organised.

Terry Blake kicked off the proceedings for H&E with his amazing collection of naturist magazines and books dating from early this century. He'd only brought a quarter of his collection with him, but it made compelling viewing. Terry was initially hesitant about preparing a talk on his collection, but once the fascinated crowd started firing questions, he was

irrepressible. There was even an opportunity for some to buy a couple of his less treasured pieces, and Terry was on the lookout himself for magazines to fill gaps in his collection. Terry's knowledge of the publications was comprehensive; first stop Charnwood, next stop Mastermind!

I put on my school ma'm's hat for a writers' workshop, keen to drum up fresh talent for the H&E contributor list. What most people lack is confidence and this was my opportunity to reassure potential writers as well as offering a few pointers on improving their chances of getting published. A couple of the participants brought in some samples of their work and I offered practical advice on how they could improve what they'd shown me.

Diana Roseman took volunteers through the construction of a newsletter. She'd brought up her Apple Mac computer for hands-on tutorial with a finished example produced at the end. One of the participants put together a quick review of the H&E day at Charnwood and Diana converted it to the "front page" of the newsletter.

Arguably, the highlight of any H&E event is Charlie Simonds' photo workshop. Charlie consistently offers his support for H&E's activity days. The day, though overcast, had been muggy and dry up until now. The photo workshop was the only session to be held outside and of course this is when the skies chose to open.

For the first drops of rain we obstinately remained by the pool. I was holding up a huge cardboard frame Charlie was using for his demonstration on composition. But as the cardboard began to wilt under the increasing downpour there was no choice but to make a break for the clubhouse.

The rest of the workshop continued in slightly more cramped but significantly drier conditions. This was an opportunity for Charlie to demonstrate the wizardry of the Olympus digital camera. After taking snaps of Wendy and me by the pool he was able to reproduce them instantly onto the computer screen. The quality wasn't good but we were reassured it was just a taste of things to come. After Charlie's enlightening and thorough talk of naturist photography there is no excuse for any of those who attended to send anything less than fantastic pictures. But I won't hold my breath. . .

As the H&E charabanc rode out of town, Charnwood prepared for an evening of more fun. We had an even busier day on the Sunday so sadly, we had to go.

Christmas Pie Woods, the new H&E affiliated club, was offering readers a taster of what is to come in the next year. It was also a chance for us to gauge the reaction of visitors and discover what direction they'd like to see the club going.

After a drizzly start, the weather cleared up and to our relief the day turned into a real scorcher. People started arriving after


eleven and by lunchtime we had around a hundred people naked, relaxed and happy on Christmas Pie's sunbathing lawns.

Diana and I went around chatting to our potential club members. It was great to see so many couples, families and groups of friends along with the single naturists. We recognise a "balanced" attendance is really important for the atmosphere of a club and on Sunday it was achieved with no effort.

The day was also for Peter Williams, the owner of Christmas Pie. It was his first opportunity to see if he was prepared for a hundred or so naked people roaming around his property. Most of Peter's naturist experiences have been in Scandinavia and ironically he hasn't seen

much of naturist club life in Britain. But Peter was loving it - he told us this was exactly what he'd been hoping for. In fact, even better!

We handed out questionnaires on the magazine and first impressions of the club. The returned forms made some interesting reading - a real insight into readers' feelings. I also picked up views and feelings seeing old friends and meeting new ones. The atmosphere was informal and relaxing, with everyone treating the club, and each other, with respect and consideration.

Peter has various plans for the club this winter which include bed and help-yourself breakfast. Ring 01580 715441 for details. 

"DIANA ROSEMAN TOOK VOLUNTEERS THROUGH THE CONSTRUCTION OF A NEWSLETTER. SHE'D BROUGHT UP HER APPLE MAC COMPUTER FOR A HANDS-ON TUTORIAL WITH A FINISHED EXAMPLE PRODUCED AT THE END."



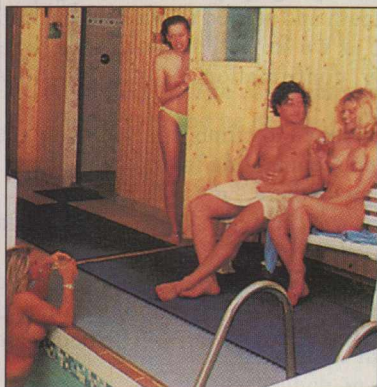
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Christmas Pie Woods

H&E's New Club at Christmas Pie Woods in Kent will not be fully up and running until 1998.

However, in the autumn and winter, we will be holding workshops on various topics.

The club lounge is also available for hire for get-togethers

If you would like to be included on our mailing list for Club Events, please send the form below to New Freedom Publications Ltd., Bow House Business Centre, 153-159 Bow Road, London, E3 2SE

Note: Anyone attending our Open Day will automatically be sent details, there's no need to re-request.

Please add my name onto the Christmas Pie mailing list:

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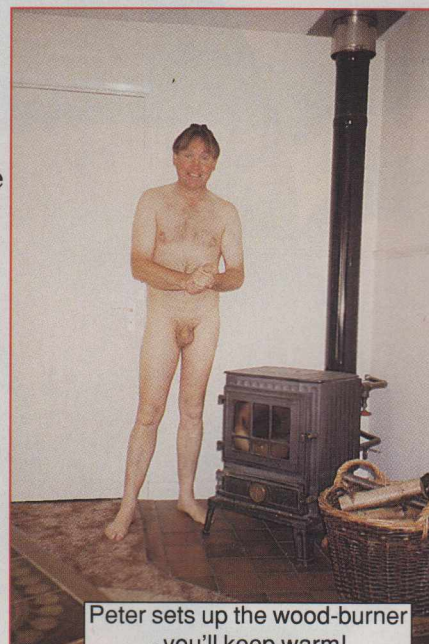
Why not treat yourselves to B&B at Christmas Pie?

We're proud to announce that you can now stay at H&E's Christmas Pie site overnight for bed and 'help-yourself' breakfast.

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Ring 01580-715441 for bookings and further information



Peter sets up the wood-burner - you'll keep warm!

ACCESS ALL AREAS

Share with us *your* news, views and pics -
the chance to connect with your kind of people!

Disastrous Devon?

**Mike Perkins and his wife were after
both naturism and sightseeing on their
West Country holiday, but hardly ended
up with the best of both worlds. . .**



The weather had been cruel during our traditional two weeks in Dorset last year, preventing us from enjoying the major attraction of the area - the wonderful naturist beach at Studland. Due to domestic ties, this year's break was to be limited to a week and, by decree from my better half, had to be somewhere new.

Eventually, Ilfracombe was selected. The town and surrounding area teems with interesting places to visit in bad weather and, if the sun comes out, is convenient for Wild Pear beach as recommended in David Martin's *Naturist Guide*, or Saunton Sands listed in the *H&E Insider Guide*.

The directions to Wild Pear were: "From the Fo'c's'le Inn at Combe Martin, follow the signposted cliff path leading eastwards through Cobbler's Park and Lester Point. Before the last steep climb up to Little Hangman Hill summit. At the Hangman Cafe, take the steep path down to the beach".

Well, we were strangers and our geography left something to be desired, but we found the footpath and started to walk up the hill. The route swept in a wide arc as we stumbled along in the heat, desperately looking for any confirmation of the locations identified in the book.

Dripping with sweat, we continued to climb, spurred on by the thoughts of shedding our kit and recuperating in the sea.

"I can believe we've got to go up there," my wife groaned.

"There are others going that way, so I guess we do," I gasped with dismay. "Perhaps that's Lester Point."

We walked on towards the next peak, sweating, gasping and swatting the flies that attempted to eat us. We stumbled on and reached the pile of rocks just after the party in front settled there for a photo session.

Shortly afterwards a young couple came from the opposite direction accompanied by a local guide who was providing a running commentary. Aghast, we eavesdropped as he explained.

"This pile of rock marks the summit of the Great Hangman, officially designated as a mountain. Over there, in the far distance, you can see the Little Hangman, beyond which is Combe Martin."

He was pointing at the peak we had assumed to be Lester Point! The way down to the beach had to be three quarters of the way back to where we'd started.

Saunton was a different experience. Flat sand eased our aching muscles of the previous day.

Following the *H&E* directions, we walked a long way over the beach but failed to find anybody not sporting a swimsuit.

It was pleasant and relaxing, but hardly a swimmer's paradise. The tide was out. It took me more than 20 minutes to reach the water's edge from where we'd settled and another five to find sufficient depth to wet my knees! However, we

lazed, sunbathed and enjoyed ourselves, despite the frustration caused by not baring all to shocked locals.

Wednesday and the sun was still shining! A return visit to Saunton first, followed by a trip to a fuchsia nursery above Combe Martin to round the day off. Well, at least, that was the plan! This time we caught the tide right and I was able to have a quick swim before the water receded out of sight. We were now also armed with a wind break to act as a modesty screen, we were able to settle in the sand burrows without the need for clothes.

It was bliss, but by early afternoon it would have been

dangerous to soak up any more sun, so we set off for the nursery.

"Turn down Shute Lane and drive carefully. The road is steep and narrow," the advertisement had warned. They were not kidding!

The road was wide enough for one car, without any obvious passing places should anything come the other way. The gradient was steep enough to be frightening, with the route twisting and turning like a fairground ride.

After three quarters of a mile the car decided enough was enough and refused to go any further, completely blocking the lane with smoke pouring from the clutch hosing. By free-wheeling backwards to a farm gate, I was able to ease into the opening and turn the car, permitting a rapid run down the hill with the gearbox in neutral. Back on the main road a tentative attempt to engage the gears succeeded and we crept to the nearest garage.

There we met the most helpful mechanic I've ever known. He stopped his current task and listened sympathetically. The car seemed to have been fixed by our Samaritan, and he decided to reassure us by taking the vehicle up a hill every bit as steep as Shute Lane and proceeded to give us a tour of all the best viewpoints in the region. Thirty minutes later we arrived back at his base with him giving the car a clean bill of health and refusing any payment for his time!

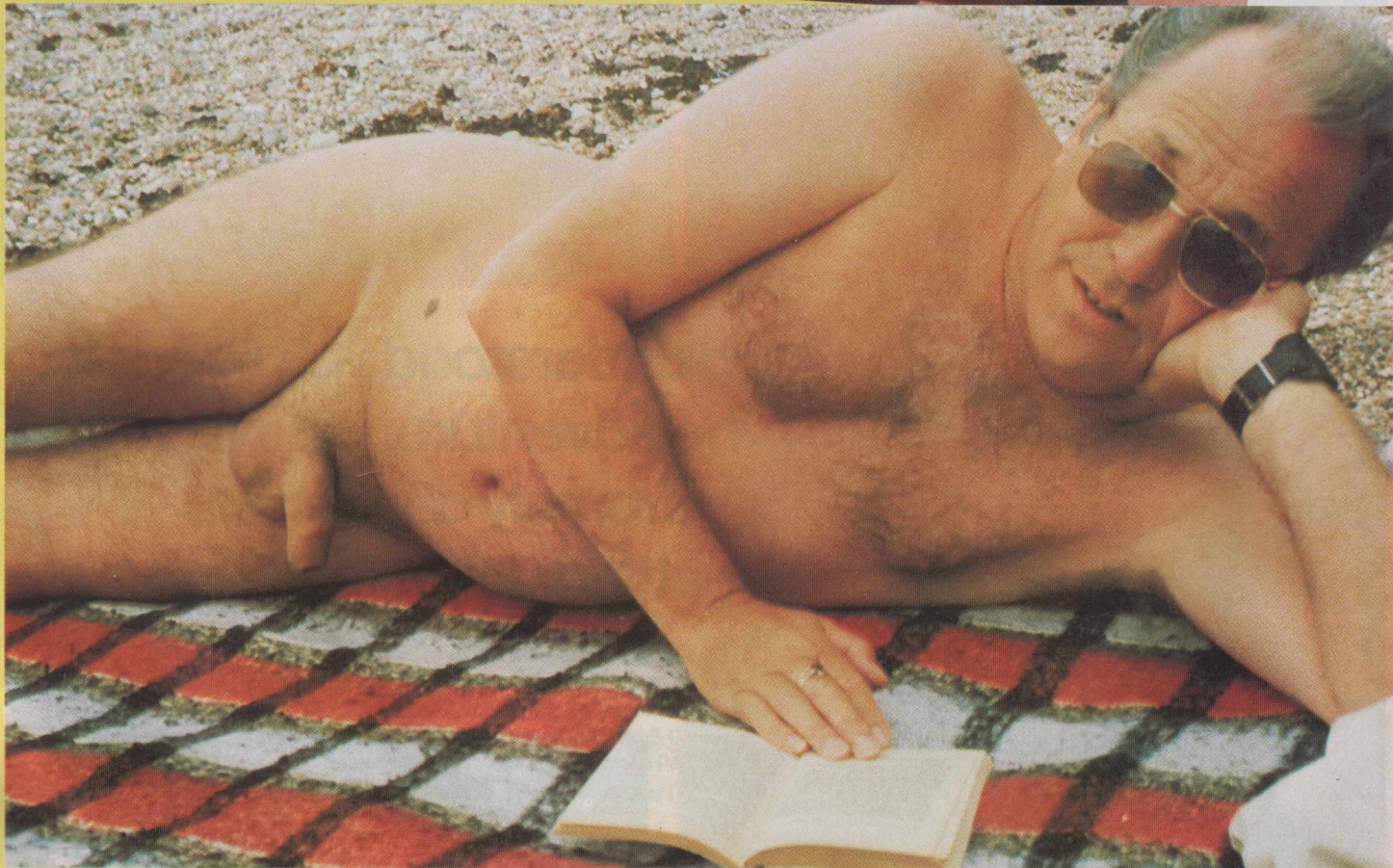
We made an aborted attempt on Friday to visit Marwood Gardens, due to the road being every bit as steep as Shute Lane. Instead we motored to Arlington Court for an excellent lunch in the National Trust restaurant.

It had been an interesting week, despite very little of it reflecting our original plans. However, I have to admit our experience with the North Devon naturist beaches have made us more appreciative of our local Eastney beach at Portsmouth, here it's not necessary to go mountaineering or hide behind modesty screens before stripping off.

NAKED LIFE - THE WAY YOU LIVE IT!



Naked
at last!



NAKED LIFE - THE WAY YOU LIVE IT!

The Fairlight fear factor

Steve Cassidy took both his
life and his children in his
hands when he visited one of
Britain's most
popular beaches

We went to Fairlight Cove during the hot spell and, to our horror, practically needed mountain gear! This is no joke: if you're on your own, all well and good, but if you have children, this attempt at naturism is highly hazardous!

I understood you needed to be adventurous, but it is extremely dangerous getting down to the cove. The stair stop-rail has been removed, which worried



"I understood you needed to be adventurous but it is extremely dangerous getting down to the cove."

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NAKED LIFE - THE WAY YOU LIVE IT!

my wife to death. Also, according to H&E beach guide, the cliffs protect a sandy beach - not when I was there!

The area the cove protects is stony and the sand is revealed only at low tide. However, the kids found lots to do on the shingle and there were shallow rock pools and other kids to play with.

There were a lot of men - both alone and together. But they were nice and didn't upset anyone. In fact, we had to crowd in quite tight because it was windy, and we had a ball!

The worst thought was wondering how to get back up. We had to strap up our gear and the kids, trying to get up before we fell down again. My wife swears never to go there again even though she loves the cove.

If only they would build a fence to protect you as you went up and down the steps, the whole journey would be far safer. But all in all it's a lovely, unspoilt spot. Leave the little darlings at home and you'll love it, or if they're teenagers bring them - they'll need the exercise.

"The worst thought was wondering how to get back up. We had to strap up our gear and the kids, trying to get up before we fell down again. My wife swears never to go there again even though she loves the cove."



BURNING ISSUES

Just listen out at the club or the beach and hear the excitingly diverse opinions on naked living. At H&E we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you STEAMED UP, each month we'll put forward an issue of our own and ask you to send us your advice, OPINIONS or response. Come on, get writing; let those SPARKS FLY!

Our Burning issue this month is . . . are naturist politics damaging the image of naturism in the eyes of the public?

Naked monopoly

Okay, so I have to be a member of the CCBN to be allowed into many naturist clubs but does that mean I agree with most of what stand for? It certainly doesn't.

I think it's terrifying that just a handful of individuals can make decisions that affect all of us on such a huge scale. Most of us are too lazy to get along to an AGM and too apathetic to kick up a fuss when things are decided on our behalf, but should the CCBN be taking advantage of this?

If naturism was an industry, the CCBN would be a monopoly. Why aren't there any viable alternatives which more accurately reflect the views of the individual?

P Williams Kent

Radical? Plain boring!

Mark Nisbet and Starkers magazine has had a lot of coverage in the last year over their "radical" approach to naturism and wrangles with the CCBN. Is this really in the best interests of naturism? If we want to attract new members, shouldn't it be represented as a fun, laid-back way of spending your time.

If Mark and the CCBN want to engage in some egocentric power struggle, can't they leave naturism out of it. Let's leave politics to Westminster and just get on with enjoying ourselves naked on the beaches.

TG London

free to spend the day without clothes. My wife now joins me in my philosophy. We have been fortunate just recently in acquiring a property in the middle of the city of London, Ontario, Canada, so privately set that we can walk out our front door naked and enjoy our terrace and gardens naked.

At present there are no nude beaches in our immediate vicinity. However, the Ontario law now allows women to bare their breasts in public, subject to certain provisions. We are waiting to see the effect, hopefully this summer, along Lake Huron's beautiful shores. But the media flap and "letters-to-the-editor" may have to come first.

I am a visual artist. The human body is my abiding interest. The sensual and sexual freedom, the relaxation and acceptance of ourselves is the aspect of humanity I hope to express in some way through my art. H&E, I feel, supports my attitude.

L Russell Ontario

Doing it right

Just want to wish H&E all the best with their numerous new

projects. I went to the H&E open day at Christmas Pie Woods and had a wonderful time - can't wait until it's up and running next year.

I also have to say I love H&E Lifestyle, the new Bi-Monthly. It's very different to the Monthly but I really enjoy the change in emphasis - it's great to read about subjects to do with nudity without getting bogged down in naturist "issues" and politics all the time. Certain other naturist publications should take a leaf out of H&E's book!

J Lawlor Beds

Liberate don't segregate!

As someone who is himself not particularly well endowed in the willie department, I have some sympathy with MW of Bristol ("No prizes for large sizes", 98/7), although I'm not sure a small willie group is really the answer.

Surely the primary attraction of being a naturist is personal liberation - the freedom to be ourselves and to be content with what

we are. We cannot hope to achieve true emotional liberation if we allow ourselves to be defined, classified and categorised by such things, whether it's penis size, body weight or our sexuality.

What we really need are groups that will help us overcome our personal doubts and fears, not ones which will simply serve to reinforce them. Mixing with enlightened people who we can be confident will not be concerned about the relative size of an individual's genitalia would, I feel, be much more beneficial. When we feel assured that such things are not important to those around us, they become less important to us.

So my advice to MW is simple. Stop worrying about the relative size of your willie. Just get out there, relax and enjoy the freedom and fun of a wide range of naturist activities. Be reassured that there will be few, if any, who will even notice the size of your willie unless you make a thing if it.

DM Gwent

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New freedom

Seeing H&E's Quarterly 74, I was prompted to write my first ever letter to any magazine.

I like what I see. The revised format retains the H&E flavour, but the presentation is

much more enjoyable. I feel too the photography is bolder, more open and direct. I'm also very happy to see the captions interfering less with the images.

I have desired to be naked all my life, to be

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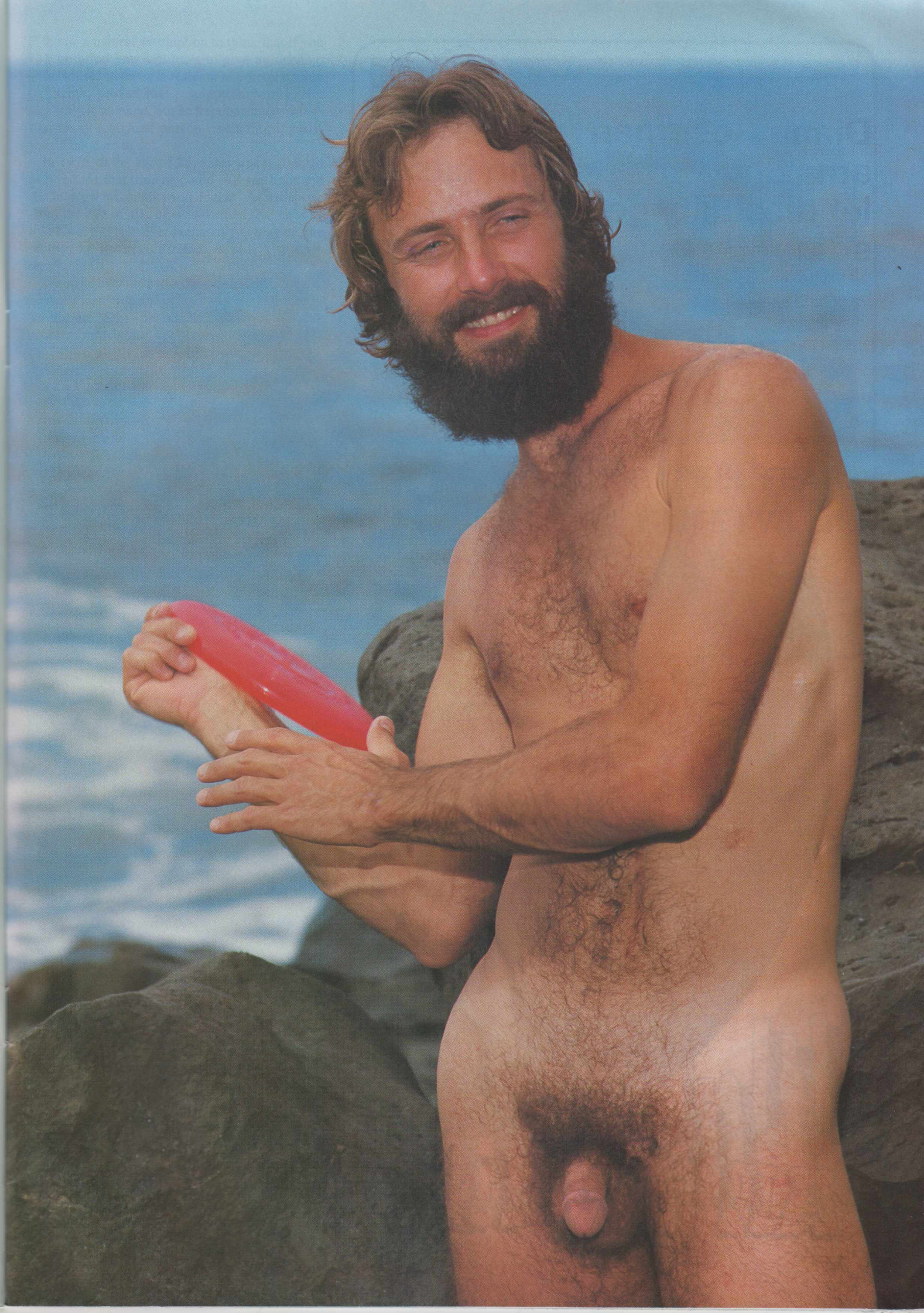
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Diana Roseman meets the
amazing naturist who hasn't
let disability get in the way of
some terrifying
achievements



"All my life I've don

It is a natural assumption to think that if you go blind you will have to give up driving. Not so! Peter ... a resident at Spielplatz Sun Club, proved that assumption wrong. Not only is he blind, but he has done many things that many a sighted person (including myself) would not dare to do!

In 1976, at the age of 36, Peter was registered as blind. At that time he could still see light and shade. Now he cannot even do that. As a diabetic from the age of six, he was warned that he may lose his sight. However prepared you may be, the reality, as Peter confirmed, is still a terrible shock.

When he became aware he was losing his sight, he was given pioneering laser surgery in the early Seventies. This halted the progress of his problem for a while, but became ineffective over time. Sadly, Peter also split up with his wife at this low time in his life when the strains of the situation became too much for her to bear.

I sat down as Peter operated the video player. "This is the best way for you to find out about some of the things I've done," he commented. I watched in fascinated terror as a huge truck manoeuvred its way along the edge of a 500 feet high cliff! Bad enough at any time, but to know that a blind man was at the wheel brought my heart into my mouth even though I knew Peter was still here, alive and well! The "truck" was a vehicle specially constructed for this trip to handle rough terrain such as forest lands and muddy tracks.

How can he possibly do it? He has total and absolute faith in the co-driver - his son Tom - who obviously must also have total and absolute faith in his father! I was watching part of their round Britain tour - all off-road - which had been initiated following a suggestion from the Institute for the Blind. The BBC had charted his progress.

They also were the first visually impaired team to drive from Lands End to John O'Groats off-road, and the first to drive round the new Grand Prix circuit (in a Land Rover) at Silverstone even before Nigel Mansell had his turn! As they say, it's not what you know but who you know. They also went around a seven mile rally circuit in a Peugeot.

I asked Peter if he got scared.

"Yes, of course I feel fear. That's what makes it exciting. All my life I've done what I shouldn't!



"YES, OF COURSE I FEEL FEAR. THAT'S WHAT MAKES IT EXCITING. ALL MY LIFE I'VE DONE WHAT I SHOULDN'T! PARACHUTING, FREE FALL, ROCK CLIMBING, YOU NAME IT, I'LL TRY IT."

Parachuting, free fall, rock climbing, you name it, I'll try it."

Possibly the height of achievement for Peter is that he holds the Land Speed record for a visually handicapped person. The record at present is 135.2 m.p.h, which Peter completed using a 3 litre V8 with a Cosworth engine (0 to 100 in 6 seconds!) To his annoyance, the Guinness Book of Records were not interested enough to add it to their books when he last enquired, nor in any of his other record breakers. Black mark to them, then, since Peter has raised over a million pounds for charity since 1980 through these ventures.

His attempt at free-fall parachute jumping was unfortunately stopped. Though he completed the training successfully, a sighted girl jumping for the blind lost her life landing on the prop of the plane and it was decided Peter could not make the

...e what I shouldn't!



THE INTEREST IN NATURISM ALL STARTED WHEN PETER AND HIS BROTHER (AN ASTHMATIC) BOTH WENT FOR SUN-LAMP TREATMENT IN THE SIXTIES TO HELP THEIR CONDITIONS. IT TRANSPIRED THAT THE DOCTOR, A MEMBER OF VALLEY CLUB, SUGGESTED DITCHING THE SUN-LAMP AND TRYING THE REAL THING AT A NATURIST CLUB!

**If anyone is
interested in
sponsoring the
next Land Speed
attempt, Peter
can be
contacted
through
Spielplatz Club,
Lye Lane Bricket
Wood , Herts,
AL2 3TD**

attempt.

So how does naturism fit into Peter's life? Living at Spielplatz means that nakedness is literally a day to day possibility.

The interest in naturism all started when Peter and his brother (an asthmatic) both went for sun-lamp treatment in the Sixties to help their conditions. It transpired that the doctor, a member of Valley Club, suggested ditching the sun-lamp and trying the real thing at a naturist club! Their parents didn't wish to join themselves, but were quite happy for the boys to do so. Although Peter has not met his brother for some time, he believes he too is still a naturist, though possibly not a club member. He also was a rally driver (coming 59th in the 1969 RAC rally), and the 4th person privately sponsored to finish.

Peter subsequently became a member of Valley, Pendale and the White Rose over time before ending up at Spielplatz.

As if it wasn't enough to be blind, Peter has developed heart trouble over the past couple for years. His breathing had become laboured and life was tedious. Not to be deterred, he underwent a 5-way bypass operation this April, and by the time I met him in July was fighting fit again and looking forward to the next self-inflicted challenge he could find, proudly showing me his operation scars.

He's intending to do a 75 mile long distance walk to raise money for the disabled along the Dales Way. He'll build his fitness on an exercise bike first and I believe is hoping to be joined by some well-known personalities from television too.

Other ambitions for the next five years include

another attempt at the land speed record - for which he is looking for sponsors - and a return holiday to Montalivet. Montalivet definitely rates as the tops with Peter - he has already been there 17 times!

During his first marriage, his mother in law wanted to know why they had no holiday snaps. They thought they'd show her why, and took her to Montalivet and put the tent up. Luckily she reacted by saying she felt re-born!

One of the reasons he likes Montalivet so much is the size of the place. Being much larger than Cap d'Agde (in acreage), it is possible to get away from people. Indeed, its size has created a problem for Peter before now. On his birthday one year, they were sitting at the bar and they noticed that they were getting little glasses of beer, while some Germans nearby has huge tankards. They asked the waiter for the "grosse Bier". And a couple more...

The time came when it was dark and everyone had made their way back to settle for the night. Peter's friends asked him where the tent was. He, of course, had no idea! So they enquired as to its colour - brown. Off they went and deposited a rather inebriated Peter into a brown tent. Lucky its occupants had also got lost for the night, for when Peter awoke next morning, he had no idea whose tent he was in, but it certainly wasn't his!

Peter seemed unfazed by this. "If everyone was a naturist, there'd be no trouble in the world. Every nationality you can name sits down together," he says.

"In general, people can be very intolerant of those who are impaired. Naturists are friendly and I'm made to feel welcome at the many places I visit."

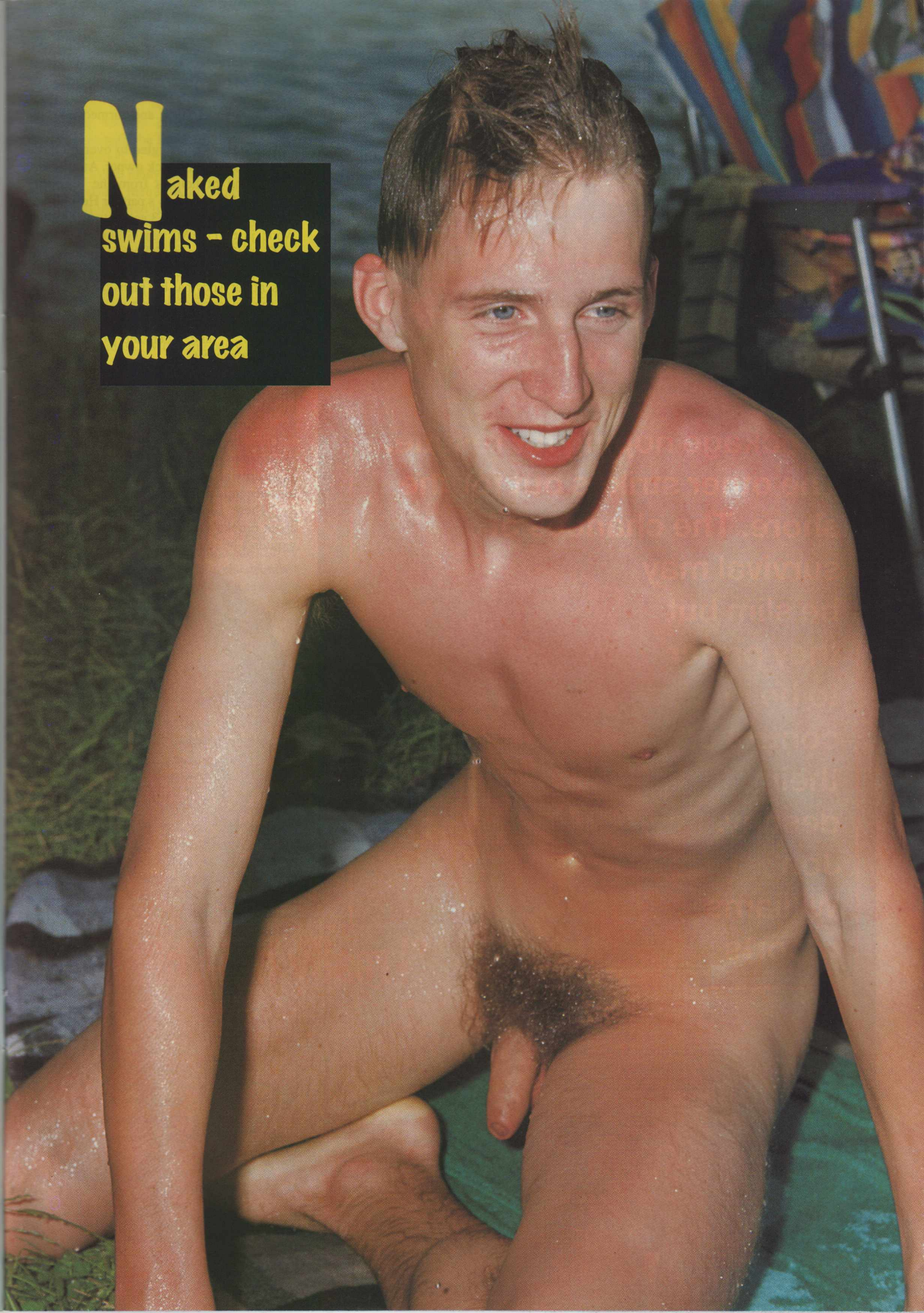
What of his sight - was there any hope for that to improve? Peter mentions pioneering work in the States, where they have connected cameras to the nerves of the eye enabling people to see in black and white. Though Peter was dubious this would be advanced enough to help him, he hopes the technology will improve sufficiently to be of help to his son Tom. Sadly he, too, has been told he may well lose his sight.

Peter would love to try the new technology, especially to see Lorna (who helps Peter daily at Spielplatz) and his grand-daughters. "I know Lorna would be beautiful, she's such a lovely person," he states with accurate insight.

Peter is a driven man. When he's depressed, he thinks up another challenge. He sees his main purpose as encouraging others who lack their own motivation. One newly blind girl in Watford who felt her life was not worth a dime was asked by the mobility officer what she would like to be able to do. She said to go pot-holing and raise money for the Guide Dogs. Drawing on his experience as an ex-member of the Fell Rescue Team, Peter accompanied her to Gaping Gill, site of the highest underground waterfall in Britain. In ten seconds, they went down 475 feet on a winch for a guided tour around the bottom.

40 people lose their sight every single day. Peter and others like him are an inspiration. Instead of bemoaning their lot, they just get out there and get on with it. An obstacle? Think your way straight through it is their life-long motto. I look forward tremendously to updating you all on Peter's next achievement. ■■■

Naked
swims - check
out those in
your area



Nureka -

the new blood

When a ship founders there will always be two types of people. One clings to the wreckage hoping for rescue. The other strikes out for the shore. The chances of survival may be slim but they prefer to be in control of their destiny.

Jon Williams reports

Ex Royal Marine Andy Hearn is a swimmer. After his long-time friend Mark Wilson's death in February 1996 he left Eureka, where he'd been a member since 1974, and formed his own club, Nureka.

While Eureka struggled to overcome the void left by its maverick owner, Andy and a small band of helpers from the old club, including Mark Wilson's partner Heather, set about transforming a 53 acre site at Yaugher Wood, just off the M2 near Gillingham, Kent.

Council approval followed and Nureka opened in May 1996. Facilities are basic at present but Andy has big plans for the future. On the evidence of a short visit in July, the venture looks to have the support to ensure its survival. . . and when the plans become reality, its success.

Unlike the short-lived attempts of other fanciful entrepreneurs, the idea for what was initially reported as a "breakaway club" did not originate on a mere whim.

Over the years, Andy's role at Eureka had extended to running the snack bar and acting as security at the regular parties. He became a trusted confidant of Wilson.

"There had always been uncertainties about Eureka's lease. It was always known it wouldn't be renewed," says Andy. After the



"I really hate blinkered

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death of the leaseholder Ron Billings, control passed to his two sons, who had a more rigid attitude to business than the benevolent old farmer. They started imposing various conditions, frequently falling out with the famously independent-minded Wilson.

Andy, as did many others I spoke to about Mark Wilson, mentions his regret that he never felt the need to get a written contract with his landlord. His death naturally precipitated the Billings' decision to kill Eureka in favour of more profitable business.

"I started looking for my own site in the early Nineties, but Mark's interest was fading even then. It would have finished in 2000 anyway, probably." With a wistful chuckle he adds: "With a big party knowing Mark!"

Spirits were high but there was little time to party as the job of clearing 25 acres of woodland for lawns and car parking occupied the little group. A portacabin clubhouse, currently running off a generator until mains electricity is wired up, was installed. The water in the shower and toilet block is currently heated by Calor gas.

Planning permission has been obtained for a permanent brick structure when time and funds allow. It will accommodate a 70 by 20 feet bar, drawn up by Nureka member Jeff, who usefully happens to be a design engineer. Andy also hopes to have a pool and camping area finished in time for next summer.

The remaining 28 acres of what is, by three acres, Britain's largest nudist club, will remain as coppiced woodland, an attractive proposition for those who enjoy back to nature tranquillity. To give an indication of its size Andy reckons it's a two hour walk around the perimeter.

"We're aiming to be as big as BDOC or South Hants Sun Club [repositioned as a Country Club last year] in five years," he says, also revealing his hope of buying a 70 acre pasture on the other side of the motorway. The two will be linked by a tunnel rather than a bridge, obviating the need for the first Beware Nudists Crossing warning to flash from the road's



**To arrange a visit contact Andrew Hearn at Nureka, Yaugher Wood,
Warren Lane, Hartlip, Sittingbourne, Kent ME9 7XL. Tel: 01634
263618**

at night," he adds neatly. Expressing his distaste of "Victorian naturism," both in terms of amenities and attitudes, membership is open to all and costs £50 per annum for couples or singles. Day visits are £5. Like Eureka, women are admitted free. Nureka currently has 111 members, only 11 of whom are singles, although Andy is keen to point out that they're not discouraged.

It seems to have been a word of mouth progression so far, with friends joining the early nucleus. Many more are probably delaying visiting due to conflicting reports of the club's progress (and rumours of its demise) circulating, both verbally and in print.

He says the CCBN tried to "muscle in"

There was definitely no evidence of any dissatisfaction at the way things were being run as I stepped into the sweaty party atmosphere that evening. Twenty five or so couples packed the heaving little hut. Shadows from the oil lamps on the tables flickered wildly across the walls, swept around by the turbulence from the dance floor.

At the far end I could see the tattooed, bear-like Andy, grinning through the gloom from behind the makeshift bar. He bellowed a friendly greeting over the sound of the DJ, busily spinning another of those music-for-all-ages favourites that you give in to after about the sixth pint. The bring-your-own booze had been flowing faster than the cars, racing by obviously, through the black, cat's eye night.

"Be discreet!" he cautioned as I unmuzzled the Pentax. This advice proved hard to follow as everyone I approached was

eager to be photographed, a refreshing situation which says a lot about people's ease with the club.

The relaxed intimacy of this jolly little gathering must have been similar to those at the fledgling Eureka (then called the M&M club after Mark and girlfriend Mo) 30 years earlier, not long after Wilson's angry parting with the naturist establishment.

He found happiness and success with his alternative venture just as Andy hopes to do with his. Eureka is dead, long live Nureka ■■■

attitudes in naturism," spits Andy.

electronic signal gantries.

Andy sees the site's proximity to Dover drawing in Continental visitors and talks of a possible "international scene" of foreign visitors enjoying the "continental attitudes of a liberal British club."

His aim is to run it with as few rules as possible, in a similar style to that favoured by his erstwhile role model. "We're a family club by day and a fun club

during Nureka's infancy, attempting to influence the way the club might or might not be run. Their overtures were resoundingly rejected, leading, he claims, to a unfavourable comments being aired in the organisation's journal.

"I really hate blinkered attitudes in naturism," spits Andy. "We need support, not knocking in BN. Nothing positive ever seems to come from them. Let's face it, they haven't achieved a lot in the last 90 years have they? They don't seem to realise that people don't want to be dictated to."

MEDICINE GARDENING

Nature's bathroom cabinet is in your back garden. But be warned, says Robert Dawson, and make sure you don't bite off more than you can chew



Growing herbs for the kitchen in the modern garden is common enough. What is much less common is a garden devoted largely to growing parts for medicinal, rather than aesthetic, aromatic or culinary reasons.

I first came across such a garden 10 years ago when I was visiting Romany friends in their modern trailer on an official caravan site. Out of the back window I saw a garden containing several plants which I couldn't identify.

Happily my friends explained all about them. Some, like Hounds Tongue (*Cynoglossum officinalis*), would win few prizes in a beauty contest. Some were plants common in many gardens, such as marigold, while others would have been regarded as weeds. Dandelion comes into this category, and Tansy which, once introduced into a garden, is often a curse because of its wandering habit.

All these plants, and many more too,

had their place in Romany culture and many still do. Hounds Tongue Oil is used for treating scalds and is said to be a cure for baldness. Marigold flowers and leaves have a culinary use in salads and soups, but are more commonly used with its extraction and made into a cream for skin rejuvenation. The dandelion, which also has culinary uses, is virtually a cure-all. It can be used for kidney and liver troubles, as a blood purifier, for jaundice and even warts! And tansy is good for worms, gout and fevers.

There is, of course, a cautionary message for people wanting to use plants rather than their GP. Many cures are certainly effective, and frequently depend upon original herbal knowledge for their chemical content, but some have nasty side effects and can even kill.

Someone once recommended Bitter

Root to me. What I didn't know at the time was its more common name; Dog's Bane (*Apocynum Adrosaemifolium*), which would have given me some warning. I don't think I ever felt so ill and really thought I was about to die. At any rate, I wanted to. Whatever I took it for I can't remember, but it either cured me or left me with no original symptoms due to its savagery.

Another potentially harmful one is Coltsfoot which research suggests can cure liver problems if used over a long period. So which plants do any good?

Many of the following are available from most general seed catalogues or garden/herb centres, or may well be growing naturally in your garden already.

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Plant	the part	may cure
Agrimony	Leaves and stem	Digestive problems
Aniseed	Fruit	Coughs and sinuses
Balsam	Leaves	Moth deterrent
Borage	Flowers	Depression
Box	Leaves	Worms
Burning Bush	Root, bark	Tonic
Celery	Seeds	Kidney troubles, arthritis rheumatism, gout
Chickweed	Leaves	Skin problems, eczema
Coltsfoot	Flowers	Coughs
Comfrey	Leaves	Sprains
Elder	Flowers and berries	Circulation problems, colds, catarrh, 'flu
Erigeron	Flowers, leaves, stem	Tonic, diabetes, diarrhoea
Evening primrose	Root	Multiple sclerosis
Feverfew	Leaves	Insect bites
Foxglove	Leaves	Sexually transmitted diseases Eczema
Warning; this plant which produces digitalis, is very poisonous		
Garlic	Bulb	Blood cleanser
Geum	Leaves	Bowel irritation, diarrhoea
Hawthorn	Berries	Heart and blood pressure trouble Farmer's lung
Helenium	Flowers	Acne, asthma
Houseleek	Leaf	Inflammation swellings
Hyssop	Flowers	Bronchitis
Lavender	Flowers	Nervous problems
Lemon balm	Leaves	Fevers
Lime	Flowers	Insomnia and stress
Lythrum	Flowers	Eye wash (very dilute), gargle
Mallow	Seeds	Laxative
Matricaria	Flowers	Digestion, dyspepsia, colic
Ranunculus	Dried Leaves	Haemorrhoids
Raspberry	Leaves	Sore throats
Rosemary	Leaves	Nervous problems, stress hair conditioner, insect repellent
Rue	Leaves	Mental problems
Solidago	Leaves	Catarrh, sinuses
Thyme	Leaves and flowers	Antiseptic, mouthwash, coughs
Ulmus	Powdered bark	Digestion
Verbena	Flowers	As a poultice to soothe heads and washing wounds
Viburnum	Root	Pain reducer in menstruation
Viola	Leaves	Insomnia, headaches, sinus problems and rheumatism
Willow	Bark	Identical uses to aspirin
Witch Hazel	Twigs and leaves	Bruises, swellings, small cuts

**The dandelion, which
also has culinary uses,
is virtually a cure-all.**



Good health from your own back garden

Many of us are turning our backs on pill popping in the search for natural products. Robert Dawson checks out the alternative cure-alls that you can actually grow yourself

Many of these plants can be introduced to areas of the garden where their beauty (or lack of it) can compliment others. Those with a pleasant aroma can go near the paths or the door. And those which some would regard as weeds can happily grow in a wildlife section of the garden.

I keep my borage next to my fruit garden. The nearest beehives are well over a mile away, but the bees come in hoards and take the opportunity of visiting the fruit bushes too.

Balsam, with its almost tissue-like white, pink, salmon or scarlet flowers, also has attractive foliage which can double-up in pot pourri. I use my old comfrey in the compost heap to add nitrogen. But beware: once established, accidentally clipping the root with a spade can make it spread easily. I once dug one up, unintentionally snapping the root in several places. Next year I had a dozen. They are hard to destroy, the roots going down as far as Adelaide. Nettles, too, have many medical qualities and are good for compost, but tend to look out of place in all but the most carefully planned wildlife garden.

My own favourite is lemon balm (Melissa) which I allow to self seed in various parts of my garden. It has, of course, a very lemony smell (and flavour). Medicinally, it is a diaphoretic and I first bought it to tackle a fever. Now, however,

I prefer it as an occasional tea and simply for its smell. It's glorious weeding near to such an aroma and adds pleasure to an activity I don't normally relish.

And finally, to a piece of Romany folk medicine which I've always liked, and which I was once told when asking too many unwanted questions about natural cures. If you want to make a dog your friend for life, squeeze its paw. Hard!

Which reminds me.

Dog's Bane is also called Gypsy Root.

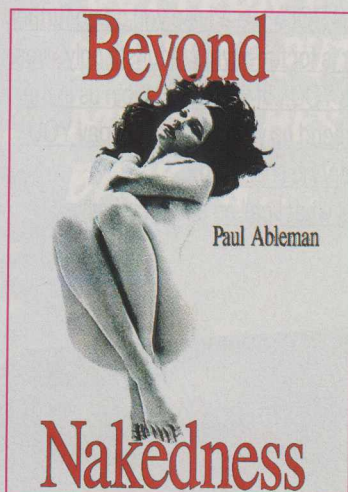
Nettles are Gypsy Spinach, Hedge Parsley (Gypsy Lace) and there is Gypsywort. But then,

lots of common garden plants are named after gypsies. So perhaps it's no wonder that it was gypsies who first introduced me to the idea of medicine gardening. ■■



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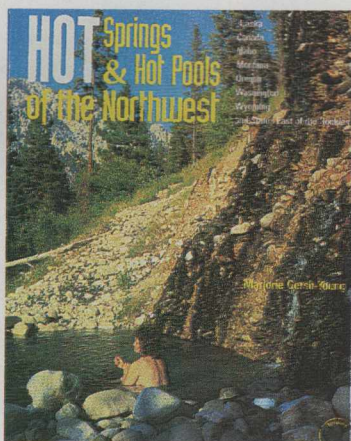
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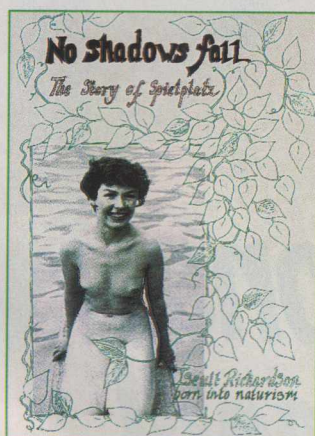
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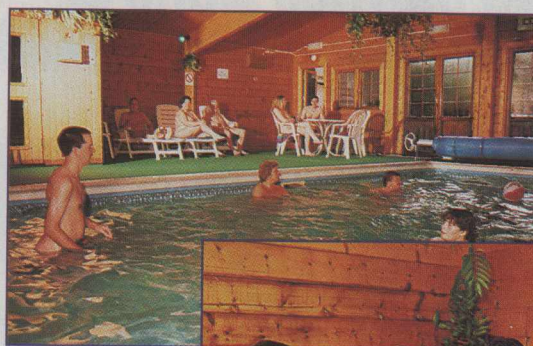


No naturist book collection would be complete without this - the story of Iseult, daughter of the founder of Spielplatz. Brought up in naturism and living all her life within a naturist community, this brings a unique insight into the changes in naturism over the years through an unrivalled first hand report.

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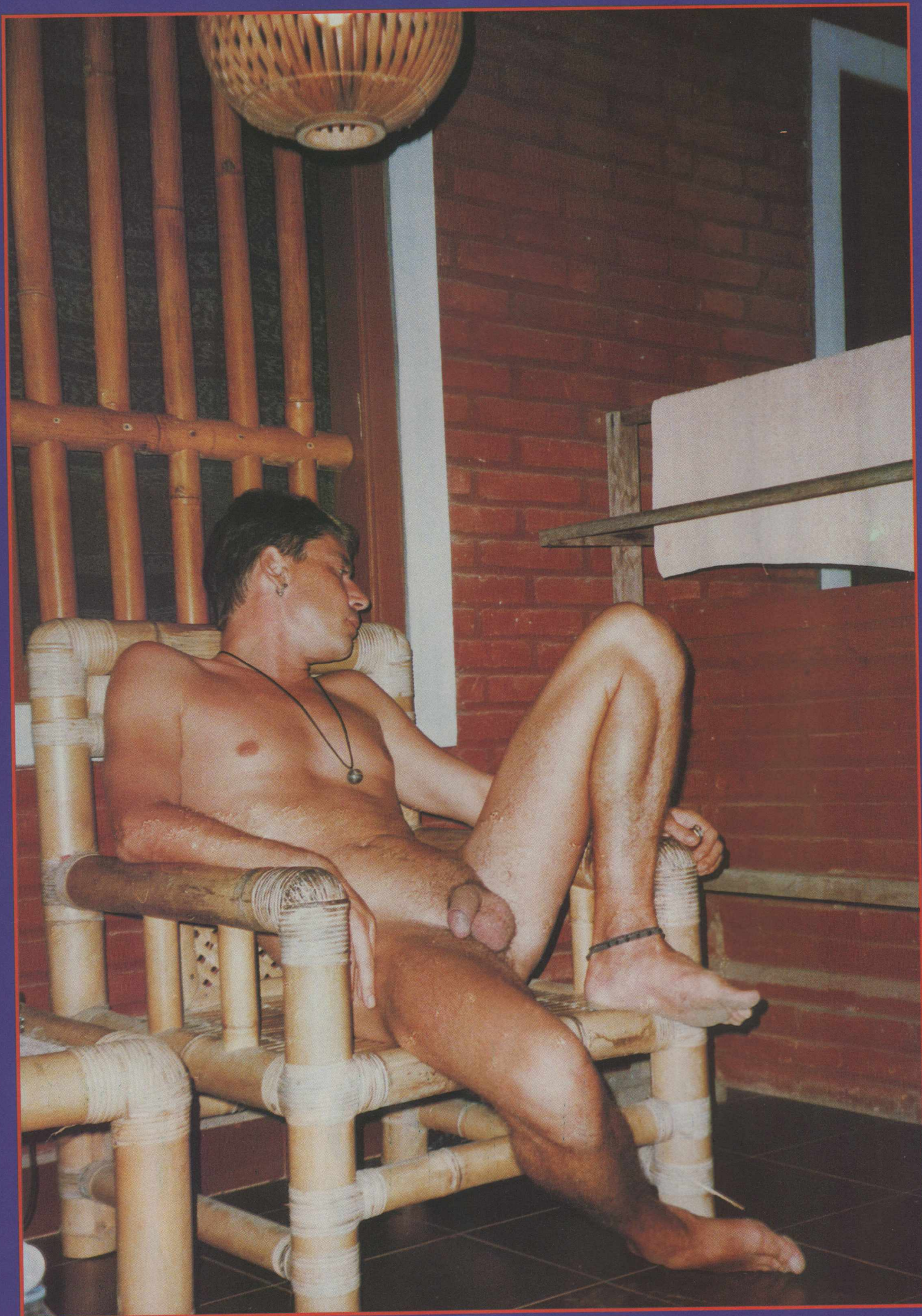
(Now that's what I call an entrance fee!)



**GOT TO LOOK
GOOD**

**"BUT I DON'T"
WANT TO PUT
MY CLOTHES
BACK ON..."**





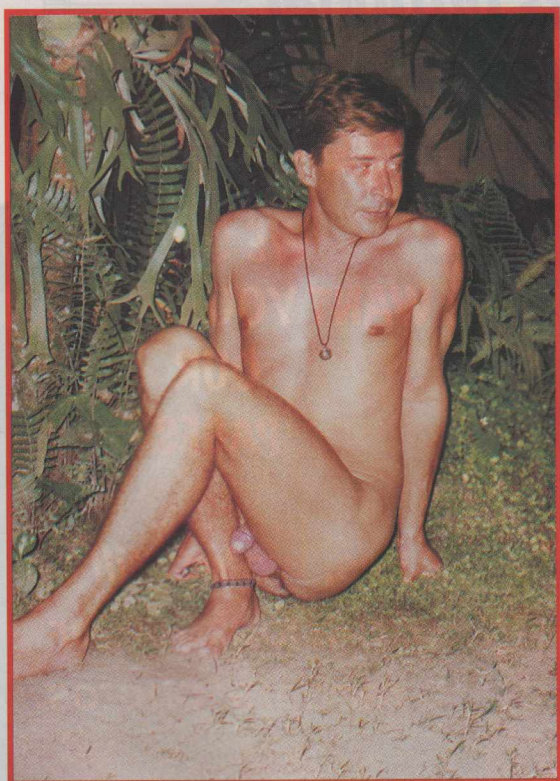
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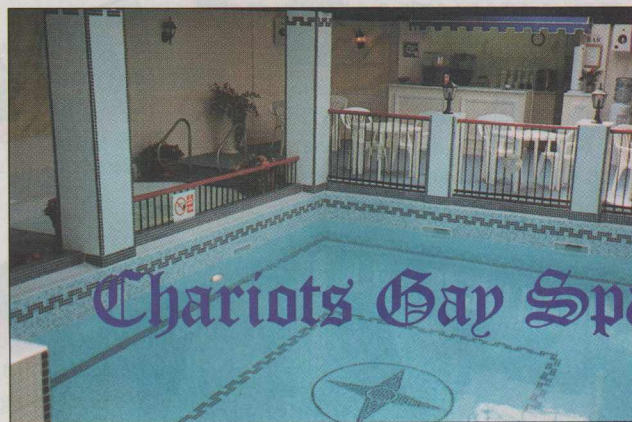
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HEALTH BITES

HEALTH TIP OF THE MONTH

If the idea of doing specific stomach flattening exercises bores you back to bed, you might prefer to swim regularly. Just do your 20 minutes of breaststroke, and remember to pull in your abdominal muscles as you go, and after a short while you should notice the difference in your figure. At least three swim sessions per week are required.

ALL THE MAGIC YOU CAN EAT

We all know that greens are good for you, but the idea of drinking something called "Green Magic" out of a jar takes a bit of getting used to. That doesn't deter the rising band of aficionados who swear by its health-giving properties.

If one of its potent "magic" ingredients doesn't send you rocketing in the health stakes, another will. Here's the rundown: spirulina, chlorella, barley grass juice, wheat grass juice, wheat sprouts, royal jelly, Norwegian kelp, Nova

Scotia dulse, soya lecithin, rice kernel membrane

powder, apple pectin, Jerusalem

artichoke powder, lactobacillus

acidophilus, bifidus bacterium,

superoxide dismutase, catalase and co-

enzyme Q10. Most of these

ingredients have had whole books

written about their curative effects.

Here you can have them all in

one go, and try to ignore all the

sceptics who ask you why

you're eating spoonfuls of

grass.

Claims for this weird and

wonderful concoction

include its benefits in

controlling weight gain and

sugar cravings, boosting the

immune system, and curing

a puppy of convulsions.

If you fancy getting witchy

with your own brew, you

can buy a 5 oz jar of

powder for £18.95 and

mix it with fruit juice

every morning and see

what happens. For

information on where to

obtain Green Magic,

contact: Nutrizec, PO

Box 3102, Wokingham,

Berks RG41 3YW Tel:

01734 629120 Fax:

01734 629142.



GIRLS! BRA-BURNING TIME AGAIN?

To wear a bra or not - the question and controversy still rages on. Recent trials suggested that women who are restricted by their bras in a particular way may be more prone to breast cancer, due to the build up of toxins that might cause mutating breast cells. Don't panic, is the response of Ian Fentiman, Professor of Surgical Oncology at Guy's Hospital. The interpretation of those trials was not correct and we shouldn't be abandoning our chest support.

Yet wearing a badly fitting bra can cause much discomfort and it is important to wear the right size.

Many women chucked out their bras a long time ago. Will they be soon be queuing up for surgery to lift sagging breasts? The Surgical Advisory Service in London suggests that this may be the cause.

It is advisable to wear sports bras, they say, although the occasional lacy number that turns us into heaving bosomed sex sirens for the night won't do us any harm.

While the experts advise the wearing of a bra, especially when exercising, I suspect the numbers of naturist women who can't wait to fling off their fripperies will remain untouched.

JUST THE BOOST WE NEED?

A new drug is on the way to improve our immune systems. Many people who suffer from allergies and even some types of cancer could be aided by this drug, SRL172, that should be available in about two years' time. How effective will this be in practice? British trials have been positive, showing that it can boost the immune system well enough to even drive some skin cancers into regression. Asthma sufferers may well find some relief, although they are advised to approach this drug cautiously.

LEAVE HOME TODAY

Yet another of my health theories has been turned on its nose. I always imagined that by working at home and therefore not coming into contact with the germy public during cold epidemics I would be doing myself a favour. Yet according to Dr Sheldon Cohen at Carnegie Mellon University in Pittsburgh, the more people you mix with the better. It seems those who have varied work and social lives are aided in their feelings of self-worth which in turn improves their resistance to infection. If you spend your days at home, alone, you're much more susceptible to all manner of viruses and infections. The answer for some of us may have to be - more shopping.

GETTING DIVORCED? BLAME YOUR DAD!

Divorcees often spend time feeling guilty about their failed marriages. Yet it may be unavoidable. A study carried out at the University of Minnesota claimed that you are 10 times more likely to divorce if your parents and other family members have already done so. Apparently, this is largely due to genetic factors. Obsessive characters who could end up feeling victimised are most at risk, apparently. Especially women. Depressing enough in itself, really.

HEARTFELT PASSION

When scientists at Boston University developed a drug to combat angina they took on more than they bargained for. The drug also works as a potent aphrodisiac. It will be available in Britain from next year under the name Viagra and because it increases blood flow and sensitivity it stirs up sexual feelings even in those who've lost that loving feeling. The scientists fear that the drug will be used to spike the drinks of reticent girlfriends.

FACE SCREEN

Cream your face before watching television or working at your computer, is the advice by TV make-up artist John Gustaffson. You need to protect yourself from the ultra-violet rays which, he suggests, can be as damaging as those from the sun. He suggests a good moisturiser should provide decent protection.

A possible suggestion is Nivea creme, which apparently has been around for 75 years, and is the one that men happily nick from their girlfriends!



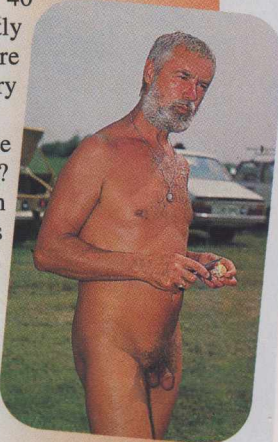
- **GET A GOOD**
- **LICKING**
- **Next time you cut**
- **yourself on**
- **something on the**
- **beach, ask your**
- **naturist neighbour**
- **to lick your wounds**
- **(if your tongue**
- **won't reach).**
- **Recent studies**
- **suggest that the**
- **nitric oxide created**
- **by someone licking**
- **your wound acts as**
- **a strong antibiotic.**
- **Cats and dogs, of**
- **course, have**
- **always known**
- **about this.**
-

BRITISH MEN WILL BE GUTTED

The average middle-aged British man is nearly two stones overweight according to recent research from the British Heart Foundation. According to studies of 8,000 men aged between 40 and 59, even slightly overweight men are more liable to coronary heart disease.

Yet what are the poor men to do? Traditionally, men drag on their trainers and start pounding the streets in their efforts to jog the weight off. But this might be totally futile. A study at the Lawrence Berkeley National Laboratory in California of 7,000 male joggers suggested that men who jog put on as much weight as those who don't. It is simply getting older that makes you fatter. At least, the factors associated with age such as lowering of testosterone levels.

Remember that this is only one study, not necessarily a definitive one. Men who feel they are controlling their weight, and looking and feeling fit through running shouldn't just give up and head for the nearest boozier for a consolatory gallon. Individuals often prove the experts wrong!



Diana & Katy

Hanging out
together and
enjoying Eureka's
great pool area

Photo credit
Murray Wren





**With members like these this Kent club may have a
great future a head of it!**



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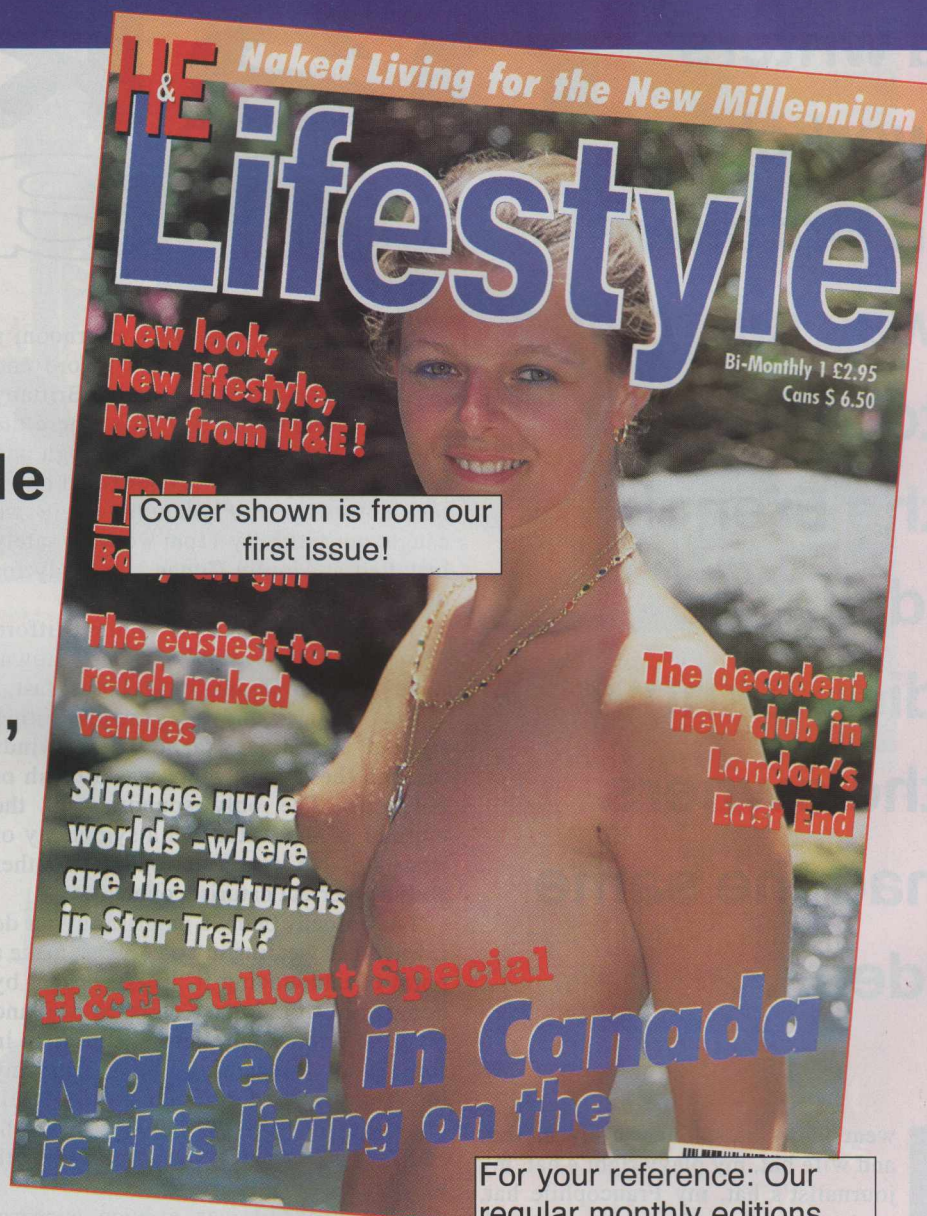
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- ♥ Costa Natura, Naked Bed and Breakfast, Dali, Vanessa, body-painting

All with the style, information and exhilaration that you've enjoyed in our quarterly editions - but more often! (LIFESTYLE has replaced H&E quarterly)



For your reference: Our regular monthly editions will be out on 27th November and 22nd December

H&E
here to please

When Mary Stephenson went on a writers' workshop in Brittany she was just dying to strip off in the French idyll. She didn't know the owners had the same idea. . .

Write on the naked track

Try a really different kind of holiday

So it was that on a May afternoon, a party of would-be writers, Clifford and myself, set off in the distinctive Brittany Breaks minibus from Tiverton where the company is based. With spirits high and hearts aglow, as they say, we sped down the motorway to Plymouth, where we caught our ferry. By 11pm we were safely installed at Moulin Conan and ready for our beds.

The following morning, while Clifford drove into Guerlesquin, the nearest town, to buy fresh croissants for our breakfast, I took a stroll around the grounds. Either side of the mill stream which winds through the woods, there was a blush of bluebells. The only sounds were the murmur of the water and a symphony of birdsong. No cars, no roads, no other houses - perfect naturist country.

I never deny being a naturist but nor do I, when I'm wearing my other hats, make a point of announcing it. I believe that by doing so it would make an issue of it and give the impression that nakedness is in some way threatening. So I kept my impressions of Moulin Conan to myself lest my tender charges should take fright and feel they were going to be forced to write hard porn.

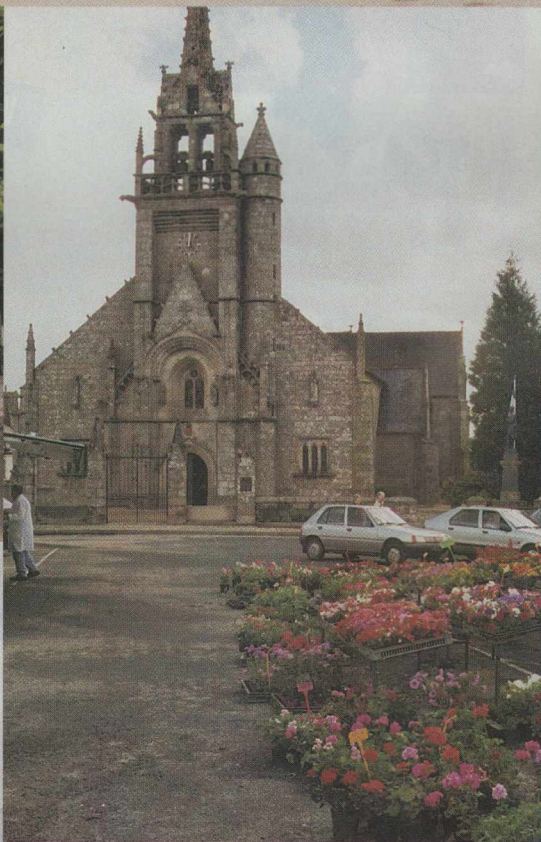
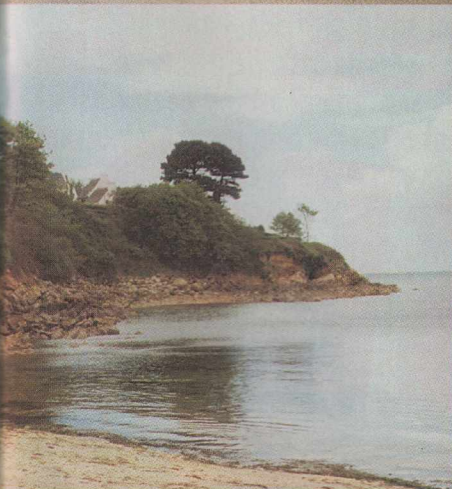
The weekend was a huge success. Clifford fed us superbly, we drank copious quantities of wine and the prose flowed. We went to Morlaix market which must rate along with the best in France, people-watched in the Café de Grande Terrasse, ate crepes at a ferme-auberge, visited the broad beach that sweeps round the bay at St Efflam, drank beer on a terrace at the pretty resort of Locquirec, and groaned at Clifford's jokes.

On the ferry going home Clifford and I reviewed the weekend and agreed it had been great fun. Then I took off my creative writing hat and replaced it tentatively with my naturist one. "You know, Moulin Conan is an ideal setting for a naturist weekend," I ventured. Clifford's response was immediate: "Oh that's right," he said. "Yes, we're naturists ourselves."

I wear many hats. There's my mother and wife hat, my playwright's hat, my journalist's hat, my Francophile hat, my teacher of creative writing hat and, of course, my naturist hat when I don't wear anything at all. But it was wearing my teacher's hat that led me to spend a long weekend recently near Morlaix in Brittany.

I had teamed up with a gentleman who runs an organisation called Brittany Breaks. Clifford Williams owns five acres of woodland with an old farmhouse and renovated mill just 20 minutes drive from Morlaix in northern Brittany. Most weekends from Easter through until the autumn Clifford, or his partner John, take a party of people over the channel to Roscoff which is only 45 minutes from Moulin Conan. They can be herbalists or gourmets, windsurfers or fungi enthusiasts, but at the start of the trip they are strangers.





**Naturist beaches and clubs in
Europe**
0891 805 433

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Calls must be made from a push button phone and
users must be a minimum of 18 years of age.

Fact file:
Brittany Breaks
cater for groups
of 10-12 people
and their price
includes the cost
of all travel, tours,
insurance, and
bed & breakfast
accommodation.
Other meals are
available on an "at
cost" basis to
include wine. For
further
information ring:
01884-252888.



Looking at the novelties of November's news

LOVE BITES

If swarms of insects seem to find you irresistible during your upcoming winter holiday, it's because you're so damn sexy. Scientists have discovered that flies, wasps, mosquitoes and other insects prefer people whose bodies radiate pheromones.

Researchers studied 700 couples and single people in France and Finland and found that men with high levels of the sex hormone testosterone were the most vulnerable. Women who use lots of perfume were also at risk.

Michael Majeris, a Cambridge University insect expert, said insects are drawn to the chemical signals produced by people with high levels of sex hormones.

This new intelligence suggests that the price of an erotic glow won't remain confined to mere bites for long. Any woman seen regularly swatting on a beach from now on can reliably expect a swarm of suitors descending in their wake.

JUSTICE IN ONTARIO?

Ottawa city council's proposal to officially sanction topless sunbathing at Ontario's municipal swimming pools has been bitterly opposed by conservative Canadians fearing a morality slide.

The move attempts to correct an anomaly caused by civil rights activist Gwen Jacobs' successful appeal against an indecency conviction for walking topless in the town of Guelph in July 1991.

In what many viewed as a test case, the Appeal Court's decision effectively overrules the dress regulations that apply to Ontario's beaches, parks and open spaces. Council-run pools, however, remain subject to individual restrictions.

Councillors remain divided on the issue. "Topless swimming is self-indulgent and disrespectful," said one, suggesting that women who wanted to remove their tops could do so at local lakes and "elsewhere in the wild blue yonder."

But the chairwoman, Diane Deans, said the city should avoid the spectacle of "breast police swinging into action" every time a topless woman was sighted. "I put my faith in the women of this city to act discreetly," she added.

So far, levels of discretion in the normally sedate area have extended to heated demonstrations and a live radio phone-in where protagonists argued for the right to bare their breasts.



Watch out for the breast police!

JUST ADD GENITALS

We've seen his cow and his sheep, now Damien Hirst wants us to see his cock. In line with the current fashion for celebrity flashing, pictures of it appear in the artist's latest book of photographs, published last month and retailing at a mere £60.

There's an interactive element too. To overcome censor bars imposed by the book's Chinese printers, Hirst hit upon the novel solution of including a bag of peel-off "genital strips" which readers can use to restore the snaps' original glory.

"It's a cultural sensitivity," laughs publisher Edward Booth-Clifford. "The Chinese won't touch genitals with a barge pole." Unlike, he hopes, thousands of UK readers.

Imagine how the idea might be applied to naturist photos. Stickers need not apply. As digital cameras and high resolution colour printing become more affordable, image manipulation will become common. Simply superimpose trunks and bikinis onto the holiday snaps you want to show granny, the neighbours or any Chinese who might call round, and reserve the real versions for more enlightened viewing.

EXPOSED!

SPANISH FIREWATER

Alcohol frequently inspires uninhibited behaviour and often the drunken shedding of clothes. For Jose Pigputta, 23, of Cordoba, Spain, the side-effects of overindulgence are more extreme: he strips off and sets fire to municipal buildings

A naked Pigputta torched his first civic edifice, the town planner's office, after celebrating his 18th birthday. Further government offices have met a blazing end in the ensuing five years of Pigputta's drunken nudity.

Incredibly, he escaped arrest until February this year when he was seen swaying naked outside Cordoba police station with a bottle of whisky in one hand and a Molotov cocktail in the other. He got eight years and is rumoured to be investigating the possibilities of brewing prison hooch.



Do you need a drink to strip off?

SUBURBAN STRIP SCANDAL WAKES THE DEAD

It's surprising how many men and women are too shy or embarrassed to reveal their love of nakedness to friends or even partners. Not so surprising is the fact that their stolen naked moments invariably end in untimely discovery.

Karen Randall's husband Jim was one such person. The couple had been enjoying some late summer sun in their Enfield garden when a burning Karen announced that she'd have to pop round to her mother's nearby to borrow her sun cream.

On her return she found the garden knee deep in policeman and her husband sheepish with shame. "He'd taken his trunks off and had fallen asleep on the lawn," she said. Their neighbours had spotted his motionless body and when he failed to respond to their calls had phoned the police saying they thought he was dead.

Jim's clandestine hobby overshadowed his amazing resurrection and quickly became the talk of their street. Others suffering suburban nosiness might avoid similar ignominy by preparing a handy, portable sign reading, saying "Not Dead, Just Roasting". For those in more ostentatious enclaves funereal stone masons, I'm told, occasionally offer posh marble and gilt versions bearing gravely unsuitable legends at give-away prices.



SHORTSSHORTSSHORTS

PRIVATE ENTERPRISE

The evident no-singles policies of Midlands sun clubs prompted a male naturist to advertise in a Leamington Spa newspaper for occasional use of a private back garden.

COOL CATS

The Catalan Naturism Club is imaginatively reported to have "caused controversy" by proposing to convert part of the Barcelona sea front into a nudist beach. And why not? It's the best way to cause controversy.

SHOWING YOUR BIT FOR CHARITY

Red faces all round after a late autumn charity hike organised by St Edwards School in Poole, Dorset, provided many of the children with their first glimpse of the nudist section of Studland Bay.

NAKED GREED

Raiders who allegedly stole "sexually explicit" nude photos of Elle MacPherson from her Hollywood home failed in their attempt to extort \$60,000 from the supermodel-turned-actress to prevent their publication on the Internet.

IT'S A SECRET!

The controversy caused by the opening of Hammersmith club Secrets, Britain's first all nude lap dancing establishment, was matched only by the speculation among queuing punters: in the absence of a G-string where do you put the tips?

City of the sun, or city of sin?

The real Cap d'Agde

Love it or hate it, Cap d'Agde remains a top naturist destination. But is this hot spot starting to cool off? John Hale investigates what this naturist mecca can offer us today

If, like me, it is your first visit to the largest naturist resort in the south of France, you will be in for many surprises at Agde. Flanking the north-western edge of the Golfe du Lion on the Mediterranean in the south of France is the old town of Agde with its nearby coastal resort of Le Cap d'Agde. The naturist centre of Cap d'Agde, now a large town with an even larger "textile" part adjacent, was a mere village of little significance in 1956 when the Centre Helio-Marin was opened by the Oltra brothers for naturist camping and caravanning. With the success of the camping site, 15 years later came the bold idea of developing a whole naturist town alongside, which would eventually be able to accommodate up to 40,000 people of all nationalities at the height of the summer.

The present day resort, which is still to be expanded a little, comprises a small hotel, various types of apartments and villas as well as the now re-sited and extended campsite. Port Ambonne is the oldest apartment building while others such as Port Nature (villas and apartments), Hotel Eve and the huge and spectacular horseshoe-shaped "Heliopolis" (actually comprising three buildings of many excellent apartments) completes the picture.

Heliopolis - completed in the early Eighties - has a large open





central area or amphitheatre which contains shops, restaurants, a tennis court and a swimming pool complex. Sadly, parts of this central area are now overgrown with shrubs and trees running riot. A little work here would return the focal point of the Heliopolis to its former glory, and it is a fact that regular visitors have been commenting that there is currently a general feeling that parts of the whole resort are not being as well maintained as in previous years.

Our stay was in late May in an apartment facing the sea on the north-east arm of the Heliopolis horseshoe.

"Quartier Naturiste - Nudité Obligatoire" proclaims a sign at the entrance to this naturist Mecca of Cap d'Agde as we proceeded through the barrier to start two weeks of naturist bliss. But why were so many people wearing clothes today - in May? As the efficient (and almost new) small transit coach used by Peng Travel took us on the 50 minute journey from Montpellier Airport to Agde, spots of rain started to make cat's paw prints on the windscreen.

By the time we had arrived at our destination, the naturist part of Cap d'Agde itself, a real downpour had set in accompanied by a cold wind. By contrast, London had basked in warm sunshine all day with temperatures in

the seventies I was told on phoning home that evening! I decided to leave the obligatory nudism until the day following - our first Sunday - when hopefully the weather would have improved.

It did. We woke to see from our first floor balcony a most beautiful sight - the huge red sphere of the sun ascending over the horizon like some gigantic hot air balloon squeezing itself between lenticular clouds over the calm sea. Our nude holiday was now really about to begin and the following two weeks were generally sunny, and even scorchingly hot for our final five days.

Although we understood that our accommodation would be positioned overlooking the campsite in one of the largest apartments within the gigantic Heliopolis accommodation block, on arrival we had been informed of a late change. We feared the worst but were absolutely delighted that we were relocated to "O" Block facing outwards towards the sea.

A lovely sea view and huge balcony - almost as big as the apartment itself - greeted us. Not only that but the representative saw to it that we and our luggage (why do we naturists take so much luggage for a clothes-less holiday?) were transported from the Peng office adjacent to the beautiful port through the rain soaked roads ➡



“We woke to see from our first floor balcony a most beautiful sight - the huge red sphere of the sun ascending over the horizon like some gigantic hot air balloon squeezing itself between lenticular clouds over the calm sea.”

**The people and the
sights of a really unique
naked resort**



"A lovely sea view and huge balcony - almost as big as the apartment itself - greeted us"



In shops, car parks or just on the beach - nudity is to be enjoyed everywhere

right to our door.

Once inside our apartment we could see that Peng Travel is going up-market with a better standard of accommodation than we had been led to expect from our naturist friends who had been to Agde in recent years. The recently refurbished apartment came complete with a brand new microwave oven with double grill, new toaster and coffee maker and very good quality furniture consisting of a round table with four chairs, two easy chairs, a sideboard and a settee which became the comfortable double bed. There was a separate room with double bunk beds and large fitted wardrobes, a bathroom (with a small bath and bidet) and separate toilet.

Outside the apartment it was time to discover the layout and facilities offered at Agde. Quite simply, Cap d'Agde is a huge naturist town with many shops, restaurants and other interesting features all of which are available for use by residents, visitors and folk from the campsite.

There are many shops of all different types ranging from some dozen or so supermarkets and lots of other food shops such as fruit and veg, fromagerie, cremerie, boucherie and boulangerie/pâtisserie serving hot freshly baked baguettes (the large ones are called "flutes") and, to be found on display in one shop, even bread surprisingly shaped in the form of large male genitalia and, in their cool cabinet, a fruit flan with similar features involving a banana and two peaches - or were we mistaken?! How nice to see such "fun" food: can you imagine the uproar if similarly presented food were to be found on display in the UK? We really should relax and enjoy life a

bit more!

Apart from locally produced wine (which is plentiful, see our Wine Box), most things purchased in France are roughly the same price as in Britain - or perhaps a touch more expensive. For example do watch out for cafés selling café au lait (white coffee) at almost £2 per cup.

As well as being a wine producing part of France, the Agde area is also renowned for seafood dishes. An estimated 800 tonnes of fish are landed by Pays d'Agde fishermen each year and protein rich oysters and mussels are a speciality of this coastal region too. To enjoy an excellent fish dish, try one of the many restaurants at Sète 25km along the coast, or the one situated just outside the entrance barrier to Agde by the bus stop - but don't forget to put your clothes on!

Hourly throughout the day a local bus will take you from this bus stop to the old inland town of Agde. The journey costs a flat rate 13F (about £1.50) and takes 15 minutes. Agde old town is worth a visit with special market days a particular attraction and many good views across the broad river Herault. The return bus journey gives you a guided tour round all the different (non-naturist) areas of Cap d'Agde as it completes its circular route, taking 45 minutes. Finally it drops you back at the entrance to the naturist quarter - which obviously causes much interest from all the other passengers as they watch you depart!

Back inside, having used the special magnetic pass-card to open the gate (forgetting





WINE BOX

If you enjoy wine, you will find a fine selection at Cap d'Agde.

The specialist wine shops as well as supermarkets offer a variety ranging from bottled Chateau vintages to "bring your own bottle and fill up" at about £3 for five litres! There is even one with a picture of Cap d'Agde on the label.

This region of France is renowned for its rosé and white wines which complement the abundant local sea food. Many of the vineyards have been in existence for over 2,500 years and were well known to the Romans.

One of the best local whites to try is Picpoul de Pinet at only about £1.60 per bottle. It is a crisp dry wine in contrast to Clairette de Languedoc which is delicate and fruity and also available here. Excellent reds from the region are also to be recommended and may be obtained at almost any price with the more expensive having a smoother flavour.



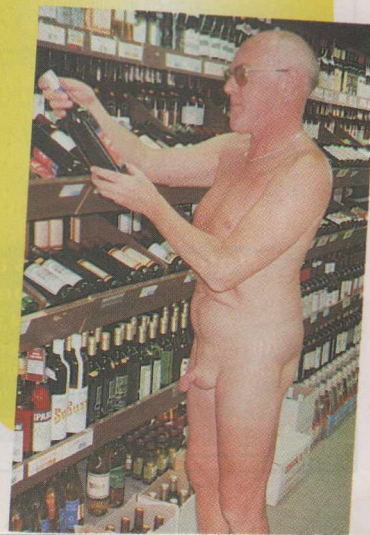
are on the expensive side. Everywhere along the beach there are gaps in the sandbank forming entrances where, printed on large orange notices, are the words "Nudité Obligatoire - Chiens Interdits". Maybe it would be different in later months when the beach is patrolled by the "clothes police" (two nude young ladies looking for dressed people), but in late May many people ignored the notices and openly walked along the beach with clothes on and a dog at their side. Surely this is wrong. What is the point of coming to a nudist resort and wearing jeans and a shirt on a hot day? Moreover I have never seen so many dogs ranging from huge Alsations to small "rat on a string" type pooches being paraded up and down the beach or round the shops and apartment blocks. Some were not even on leads and we were forever watching out for unhygienic droppings that to go barefoot was to take a serious risk. The strip of land between the sea and the present campsite fence, a former camping area, was little more than a huge dogs' lavatory with dogs being continually exercised there. Next to this site lies a children's playground and of course the camper vans on the seaward side of the camping area have a prime view too. Nudity and dogs don't mix (most British clubs ban them, except guide dogs) - so why do the French and German visitors to Agde bring them and ignore all the notices? Whether you are a dog lover or not, when visiting any naturist venue surely dogs should be left at home.

Whether you choose travel by air (as we did), train or coach, or stay in the extensive and well laid out campsite complete with electric hookups, modern toilet blocks and water available, you have full use of all the main facilities that the naturist town has to offer. The

it will cost you 50F, or £5.50, to allow you in), you are again free to strip off and enjoy naked living. The overall policy within the complex is that nudity is the norm during the daytime unless it is too cold. Most people put clothes on when going to a restaurant in the evening, but you don't have to. As they say: the only person who can decide when to be nude and when and where to cover up is you.

Nude Agde provides no less than six fair sized swimming pools within the whole complex. Some of these charge for admittance, but your tour operator will have special arrangements for free access to others. On a hot day you will want to try the excellent beach stretching from the harbour entrance in the south for some 2km north. The soft sand is fairly wide and very clean (it is mechanically cleaned each morning before you get up) and it will be crowded with naked bodies lying in the hot sun or playing ball games all day long.

There are refreshment bars available but they



advantages of travelling with Peng or Sunlovers Emsdale are that all the arrangements are made for you with any problems being solved while you are there. For example we had a serious problem with our shower hose which needed replacing and were amazed that it was fixed within the 10 minutes it took us to walk back from the Peng office by the harbour to our apartment.

Sunlovers Emsdale and Peng also give you privilege discounts at certain restaurants, the pool and other facilities and organise barbecues, informative welcome parties and excursions to nearby places of interest - about the only time you'll need your clothes on during your holiday! On our return journey to the airport by coach, the representative even gave us a guided tour en route and of Sète, the busy fishing port through which we were taken. A conducted tour at no extra cost!

One thing the tour operators couldn't solve was an invasion of lots of very small flies that wanted to come in to our apartment to keep us company. But in France they even have an environmentally friendly way of dealing with these. It is said that they cultivate thousands of ladybirds and release them from the air to float down and have a meal of all the little black flies. Bon appétit!

But, like the flies, we'll be back!

"Sunlovers and Peng also give you privilege discounts at certain restaurants, the pool and other facilities and organise barbeques"



AGDE REGULATIONS

An extract from the Internal Regulations of the Naturist Quarter

1. Total nakedness is compulsory within the naturist centre and on the beach.
2. However, nakedness is not exhibitionism. Any behaviour considered contradictory to the accepted standards will be sanctioned.
3. Any practices which cause pollution (disturbance of peace at night, activities which are noisy or a nuisance, dogs on the beach, etc) are forbidden.
4. Photos or video films may only be taken of the family.

Naturist beaches and clubs in Europe

0891 805 433

All calls are charged at 50p per minute at all times. Calls must be made from a push button phone and users must be a minimum of 18 years of age.



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- * Bed & breakfast at the **Hotel Eve**.
- * **Choice of travel by -**
air from Gatwick - with add-on fares from **Manchester** and **Aberdeen**;
comfortable air-conditioned services of **Eurostar** and **French Railways TGV** to
Agde and see more of the countryside on the way;
take your own car at **reduced cross-Channel fares** - most crossings available;
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LIFE'S A BEACH! Fun-loving, friendly 37 year-old guy, would like to meet an equally easy-going & convivial naturist to go on holiday with. Essex. ML 23310
FUN, FUN, FUN! This seductive 24 year-old professional woman is looking for a fun-loving, outgoing girl for friendship. Birmingham. ML 23645

HEALING HANDS? This tactile, aware & open 40-something guy, who enjoys massage, naturism & photography, is looking for similarly broad-minded guys/girls for fun and friendship. Luton. ML 24855

RULE THE ROOST! Mature, masculine 50s something peacock, who is vain, with a penchant for spicy outdoor naturism & mild corporal punishment, is looking for pliant, lusty 'birds'! Surrey. ML 24864

FORGET THE COSSIE!! Tall, good-looking guy, with blond hair & blue-eyes, who is new to the naturist scene, seeks similarly open-minded & fun guys/girls for nude swims - 'nautical' but nice! Scotland. ML 23765

GET ON BOARD Straight-looking/acting, ex-navy Male, Irish heritage, seeks adventurous Male, 18-30, for specialised sport & exchange holidays. Cardiff. ML 26273

NEW ON THE SCENE! Young couple, 20s, seek genuine friends, for naturist holidays, clubs & evenings in. Warwickshire. ML 23447

SHOOT ME Fit, 5'11", experienced Male model, 37. Seeks artist, photographer or group, with interest in art. London/Southeast. ML 23532

GET IN THE PICTURE Amateur, naturist photographer Male, 37. WLTm Male, Female or couple, to photograph. Bristol. ML 23541

EUREKA! Male, 37, into swimming, photography & naturist parties. WLTm Male or Female, under 38, with similar interests. Surrey. ML 24006

ALL ROUNDER Slim, shaved & pierced Male, 44. Seeks artistic & creative couple. Hampshire. ML 26339

WINTER WARMER! Male, 60s, seeks to form indoor group, for that nasty winter. Into massage, videos & adult pastimes. Will travel. Surrey. ML 23234

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ALL OVER TAN Slim, tall, tanned Male, 27. Into walks in the forest & gardening. Seeks gentle, kind Female, or couple, for fun. Suffolk. ML 23223

PLEASED PISCAN Happy, piscine Male, 30. Looking for friendship with reliable Female, not into pub & club scene. Looks unimportant. Cumbria. ML 22065

SOLDIER, SOLDIER British serviceman, 28. Into motor-sports and outdoor life, would like to meet naturists, to show him the way. Newcastle. ML 24718

EXHIBITION CENTRE Attractive couple, 40s, new to naturism, seek retired, discreet Male, with secluded garden, for adult fun. South Coast. ML 21893

NUDE photography M 50's WLTm M or F, 40-70, to share love of nude photography, & to enjoy naked frolics together. Luton. ML 22281

FRIENDS. Easy-going Male, 46, into massage, body painting & nudity. Seeks naturists of all types for socialising, friendship and naturist pursuits. East Yorkshire. ML 24535

A PICTURE OF LIFE Artist lady, 24, into modern art, long walks, naturist beaches & good restaurants. Seeks Male/Female friends, 20s. London. ML 20152

OUCH! Male, 28, seeks anyone interested in walking bare-foot. Essex. ML 23049

ACT ON THIS Tom Cruise lookalike, 18, 5'6". Into drama & sport. Seeks red-haired Female, 18-25. Can travel, but no Welsh or Irish. Edinburgh. ML 19885

THE GAIN IN SPAIN Young, 26 year-old lass, likes holidays in Spain. Seeks Male/Female friends, of any age, to get away with. London ML 21391

SECONDS OUT Slim guy, 30s, seeks Male, Female, or couples, for interesting fun, with view to forming naturist wrestling club. Wiltshire. ML 20306

WHAT A POSER! Slim, attractive, enthusiastic Male, 28, into photography & modelling. Seeks friends, 18-35, for naturist fun. Essex/London. ML 24440

WOMEN SEEKING MEN

NEWQUAY ON THE BLOCK Cuddly, naturist Female, 50, seeks Male, for trips abroad & to naturist beaches. Cornwall. ML 23213

MEN SEEKING WOMEN

LOTS OF T.L.C. Nice looking, slim, 5'5", 26 year-old guy. WLTm a female partner, 20-30, for friendship & TLC. Buckinghamshire. ML 24030

THE BARE TRUTH! This caring & considerate 35 year-old keen naturist & photographer is seeking a broad-minded exhibitionist woman, to 'pose & preen like a queen'! Kent. ML 23547

GET HOOKED! Nice Male, 5'8", 37. Likes naturist holidays, fishing, gardening, keep fit & wining/dining. Seeks Female for friendship & romance. Northampton. ML 23782

GET THE PICTURE? This slim & good-looking 37 year-old photographer, who is a friendly & fun-loving voyeur, is looking for an adventurous female/couple for fun & friendship. Newcastle. ML 23258

IN THE CLUB? If you're an attractive & medium-built lady, between 49 & 59, then call this open, athletic & very active chap who would like you to join a naturist club. Huddersfield. ML 23770

BIG BOY! Very well-built, fit Male, 6'2", 30s. Seeks couple, or Female, for broad-minded activity. Leicestershire. ML 26320

STUD-U-LIKE! Tall, attractive, muscular Male, very well-endowed, seeks adventurous couple/Female, for guaranteed satisfaction. Leicester. ML 26326

TEACH ME 36 year-old teacher, new to the naturist scene. WLTm a Female, 30s, for friendship & possible relationship. Swansea. ML 22592

OUT IN THE OPEN Mobile Male, 52. Into beaches, clubs & outdoor events. WLTm similar Female. Southampton. ML 22594

LET'S GET IT OFF 5'11", non-smoking, fit & friendly Male, 37. WLTm Female, up to 45, to enjoy naturist activities with. London/Southeast. ML 23544

FUN ON THE BEACH Male, 35, seeks Female, for beaches, clubs, fun, games, etc. East Anglia/Anywhere. ML 23558

YOUNG & FRESH Slim Male, 30. New to naturism & loves it. WLTm Female, 20-40, for fun, maybe more. Surrey. ML 23593

MEET MEATLESS MEAT Professional, vegetarian Male, 40. Enjoys skiing & sport. WLTm intelligent, attractive, bubbly Female. Aberdeen. ML 23315

SHOW ME Slim, attractive, 31 year old Male, new to the scene. WLTm a Female, of similar age, for companionship. Norfolk. ML 26236

LOOKING FOR FUN Extremely attractive Male, 36. WLTm Female, similar age, any status, for fun. Manchester. ML 23656

ANYTHING GOES Good-looking, naturist Male, 31. WLTm Female, 21-45, for possible relationship. Cambridgeshire. ML 23674

LOOKING GOOD Good-looking Male, 31. Seeks single Female, 21-45, for naturist activities & possible relationship. Cambridge. ML 23673

BUNGALOW BILL!! Good-looking gentleman, own bungalow & car. Seeks F, for sun bathing & friendship. Devon. ML 23537

THE SONGSMITH Music-writing, medium-built Male, 42. Into theatre, restaurants & cinema. Seeks similar Female. South London. ML 23109

CHESHIRE GRIN Music, cinema, nature, pub & club-loving Male, 40. Seeks Female, 18-30, or couple, for friendship & fun. North Wales. ML 23225

RECLINED NUDE Art-loving, drawing & painting Male, 45. Tall, with medium build. Care assistant. WLTm naturist Female, 30+, for fun & more. Exeter. ML 24673

NATURIST CLUB Male, 36, wants to start club, for singles & couples, into adult, naturist activities. Single Females, especially welcome. Leicester. ML 23238

CHESTER BEACH BUM Beach-loving, naturist Male, 27, with medium build & brown hair. Looking for a slim Female, 20-38, to play in the sand. ML 24590

QUALIFIED MASSEUR Happy, outgoing, naturist

relationship. Cambridge. ML 23673

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Male, 59. Enjoys sun-bathing, nude times & giving/getting massage. Seeks similar Female, under 60. Middlesex. ML 22048

STEAMY SESSIONS Fun-loving Male, 39, seeks lady, any age, for naturist fun, jacuzzi & sauna. Staffordshire. ML 22002

OPEN TO IDEAS American guy, 42 year-old, into Videos, DIY, etc. Seeks open-minded female of any age. London. ML 16229

YOGA BARE! Naked yoga exponent, (page 20, August 1997 H&E), Male, 36. Into good times & travel. Seeks Female. Bournemouth. ML 21841

AN ASIAN OCCASION Tall, solvent, Asian M, 27. WLTm attractive F, for horny fun, massage & naturism. London. ML 22418

NOW WE'RE COOKING! Naturist Male, 40. Enjoys swimming, cycling, walking, & cooking. WLTm similar, Female naturist. Essex. ML 24509

BACK FROM ABROAD Slim, good-looking, 41 year-old. Enjoys pubs, wining & dining. WLTm slim Female, for naturist activities. Norfolk ML 21911

MICRO-CHIP & HIP Black guy, 22 & 5'11". Into computers & fun. Seeks Female, for great times, possible relationship. London. ML 21659

FIT & FUN Happy guy, 30 & 6'. Into scuba, badminton & cinema. Seeks adventurous, bright Female, for beaches, sauna & romance. Kent. ML 21888

HAVE YOUR CAKE... Tall, slim, 27 year-old catering manager, likes good food & the movies. Seeks naturist lady, 20-35. Hampshire. ML 20466

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SOOTHING YOUR ACHES Well-built, tanned, graduate Male, 30s, seeks lady wanting a relaxing & invigorating massage. Herts/Bucks/Cambs. ML 24549

BE MY PARTNER Black-haired, medium built, 32 year-old Londoner, seeks lady for saunas, days out, naturist beaches, theatre & the flicks. ML 20189

NUDE MALE MODEL Clean-shaven, slim, smooth, good-looking M, 25, seeks to model for Female photographers. Nothing physical, & no charge. London. ML 22286

LARGE & LOVELY Brown-haired, brown-eyed Male, 6', with a sporty build, seeks a large lady, to go to nudist clubs & parties with. London. ML 18937

CULTURAL PURSUITS Tall, handsome, athletic Male, 41, intelligent & charming, into beaches, dancing, winning & theatre. Seeks curvaceous, sensual Female. Kent. ML 22261

NEW TO NATURISM Male, 39, seeks Female, 25-40, from South Wales area, to attend monthly naturist meetings with, start September. Swansea. ML 21578

TEACH ME Student Male, 26, into clubs, saunas, beaches & music. Seeks uninhibited, experienced lady, 30-45, for fun, games & naturism. Birmingham. ML 17897

WEST END GUY Fit Male, 30s, blue eyes. Into gym & travel. Seeks Female for fun & friendship. West London. ML 22183

NAUGHTY BY NATURE 50s Welshman seeks lady companion, slim, active, over 50, intelligent & attractive, into naturist scene. London. ML 21456

PLEASE, MISS Fit Male, 22, brown eyes, musical, inexperienced, but broad-minded. Seeks Female, 22-35, to lead the way. North West. ML 22963

PIERCE OFF Pierced Male, shaved where it counts, seeks similar woman for good times, & hopefully loving relationship. Hertfordshire. ML 22967

LET'S MEET Large Male, 54, dark hair, 6'. Seeks amicable, younger Female, any nationality, for naturist activities. Kent. ML 22988

THE NOVICE Genuine guy, 38, new to naturism, into cooking, walking, pubs & music, seeks Female, 20+, for friendship. North East. ML 22153

TOP GUN Tom Cruise type. Seeks girl, 18-25, with red hair & brown eyes. English girls are o.k., but no Welsh or Irish. Edinburgh. ML 22677

GET SHORTY Attractive, slim, short Male, 30, into photography, film, galleries & gigs. Seeks similar, short Female, 20-30. Swansea. ML 21511

MEN SEEKING MEN

TINKLE THE IVORIES! This retired musician, who is gay, warm & very generous, is looking for a struggling music student to show his very well-stocked library to. Let's make beautiful music! Brighton. ML 23767

WHERE'S THE GENTS? Masculine, 37 year-old, novice bisexual & naturist. WLTm well-spoken, assertive gentleman. Northeast. ML 23969

BI BI BABY Laid-back, hairy, bisexual Male, 34. WLTm Male, bisexual or gay, 40+, for fun & friendship. West Midlands. ML 23343

REAL EXHIBITIONIST Slim & very attractive Male, 30. WLTm Male, who is a real show, for fun & more. East London. ML 23619

SHOW ME THE WAY Bisexual Male, 36, 5'11", muscular & very hairy, seeks guy to introduce him to naturism. East Anglia. ML 23652

NAKED SPORT 30 year-old Male, into naked night walks & naked cycling. WLTm like-minded guy, for that & maybe more. South London. ML 22370

SMILE PLEASE! Shaven, 5'6", 38 year-old guy. Likes naturism, nudism & photography. Seeks guy to snap him up! North West. ML 23159

HOPEFULLY YOURS Confident, calm & collected Male, 62, seeks Male, of similar age, or slightly younger. Glasgow. ML 23125

WILL YOU TUTOR ME? Clean-shaven, 5'5", slim, inexperienced guy, 49, seeks guy for classes in naturism,

photography & adult fun. Cumbria. ML 23050

RELAX...DO IT! Brown-eyed guy, 30, 11 stone & 6'. Enjoys theatre, music, museums, restaurants & occasional scene. Seeks similar guy. London. ML 22333

SIX OF THE BEST! Bisexual guy, 43, schoolmaster-type, seeks guy, for mild corporal punishment, within limits, body shaving & short, back & sides. Bournemouth. ML 20657

BI-CURIOUS Good-looking, 6', 12st. Male, 39. Into pubs & music. Seeks gay/bi guy to show the way. Colour/age not important. Blackpool. ML 21581

HAPPY & HANDSOME Nice, older guy, cheerful, optimistic, 60. Seeks very active, young, slim, helpful, cheerful, optimistic guy, 18-25. Essex. ML 22274

A CLOSE SHAVE! Bisexual Male naturist, early-40s, slim & shaven. WLTm bi/gay Male, for fun & friendship. Norfolk. ML 22789

FACE TO FACE Great-looking Male, 22, fit & boyish, seeks dominant, handsome, slim & rippling Female, 48-60. Sussex. ML 23044

WOMEN SEEKING WOMEN

GIRLS ON TOP! This bi-sexual, married lady, with red hair & dark-green eyes, who is new in the area, would like to meet another sensual, feisty & adventurous woman for man-free mayhem! Gwent. ML 23775

BI JOVE! Bi-sexual woman, 31, into clubs and beaches. Seeks similar woman, to share interests. Can travel. Essex. ML 20183

COUPLES

GET THE PICTURE? This tall, slim & broad-minded 38 year-old naturist, who is very keen on photography, (with a telephoto lens!), WLTm similarly open, adventurous people for amorous adult fun. Yorks. ML 24887

FULSOME FOURSOME? Average bi-curious couple, she 36, he 40, seek similar for exciting exploration. Lancashire. ML 23294

'AVE A BANANA! Stunningly attractive professional couple are seeking similar for fruity foursomes! With a great pair of melons, she's a passion fruit, & he's a real peach, so call & make a date! Midlands. ML 23637

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WATCH OUT!! Very attractive couple, early-30s, into videos, photography, watching & being watched. Seek mature couple, similar interests. West Midlands. ML 23356

OH, BOYO!! Attractive, slim Male, 28, 6'2", into swimming, books, keep-fit, etc. Seeks open-minded couple, for great times. Cardiff. ML 23592

TRAVELLING MAN Blue-eyed Male, 35, 5'5", medium build, bi-curious. Seeks couple, or Female, for fun in & out. Can travel. Renfrewshire. ML 23445

GET THE PICTURE? Outgoing, athletic Male, 42, artist, into sauna, body-paint, photography & massage. Seeks broad-minded Female, or couple, for fun/friendship. Essex. ML 23470

SNAP HIM UP Naturist M 38, 5'6". All over tan. WLTm couples who are into photography. Lancashire. ML 24838

DOUBLE DELIGHT Happily married couple, 30s. WLTm couple for friendship. Lincolnshire. ML 23299

CALLING ALL COUPLES Fit, 5'11", friendly, healthy, non-smoking Male, 37. Seeks couple, for naturist activities. London/Southeast. ML 23545

LARGIN' IT Open-minded, good-looking, fit couple, 22. WLTm large couple, 60+, to introduce them to the naturist scene. Blackpool. ML 23610

HANDS ON ACTION Fit & healthy Male, 40. Loves massage. WLTm couple. Wiltshire. ML 23373

POSING PURPOSEFULLY Slim, attractive, well-endowed M, 48, into videos, photo posing, voyeurism, DIY & more. Seeks mature male/female, 50+, for bedroom fun & friendship. London. ML 26295

BIG BOY Extremely good-looking, well-endowed, professional Male, 36. WLTm couple, for good, clean, adult fun. Can travel. Manchester. ML 23655

ELSTREE-SOME Swinging, naturist Male, 29, looking for sexy fun, with a couple, or single Female. Buckinghamshire. ML 22039

ROYAL MALE Tall guy, 30s, seeks bi couple, for fun, frolics & adult games. Can travel & accommodate. London. ML 22334

CURIOUS COUPLE Clean & genuine, he, 35, 5'10", she, 45, long hair, very leggy. WLTm bi couple. Can travel/accommodate. Yorkshire. ML 23120

ADULT PARTY Married couple, mid-40s, are holding an adult party in October. All couples & daring young Females welcome. Lincoln. ML 22336

NO PAIN IN SPAIN Slim Male, 41 & shaven, bisexual Female, 35, seek others, for anything but pain, in Spanish villa. Cornwall. ML 24457

BASICS IN LIFE Loyal & fun guy, 33, young-looking, intelligent & confident. Leicester. ML 24610

EXHIBITIONIST Small, stocky, hairy Irishman, 44. WLTm couples, single Males, or single Females interested in DIY. Cardiff. ML 24624

COSY COUPLES Down-to-earth couple, Male 30 & Female 26. Into TV & shopping. Seek couple for good times & massages! West Midlands. ML 16228

TWINKLE EYES Broad-minded, black Male, 6'2", well-endowed, seeks broad-minded couples, any age/shape, for adult, fun time. Hertfordshire. ML 23013

FUN BOY THREE Well-endowed black guy, 20s, witty, seeks broad-minded couple, any age or colour, to explore with. Hertfordshire. ML 23005

MESSAGE ME & THE MRS 40s attractive couple, naturists. Enjoy, massage, adult videos. Seek similar couple. Sussex. ML 22212

OPEN TO OFFERS Bisexual guy, 40s, seeks bisexual couple for adult fun, friendship & more. East Anglia. ML 22803

TWO'S COMPANY Attractive exhibitionist couple, he 30, well-endowed, 6', broad shoulders. She 42 & voluptuous. Seek broad-minded voyeurs. Coventry. ML 21302

AWESOME 4 SOME Attractive couple, he 30, 6', she 42, voluptuous, seek mature bi couple, 50+, attractive, for fun. West Midlands. ML 22866

THE DOTING DUO! Happy couple, she 23, he 24, seek couple for fun, picnics, pubs, clubs & naturist activities. Berkshire. ML 20764

WATCH THAT SPACE Discreet Male, 50, seeks Female or couple, to observe during intimate moments. Can give advice, too. London. ML 21427

THREE'S COMPANY 29 year-old Male, would love to meet couples, or singles, into naturism. Paisley/Glasgow. ML 23042

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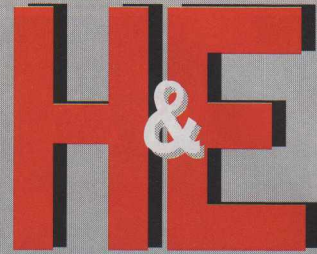
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Singles male professional 27, genuine naturist into dining out, travelling, live music seeks female similar age for friendship, travel companion, possible relationship. Photo please, A.L.A. (Bucks / London / South). Box no. 981101 (980277 9811)

London commuter, male, 48, fair, blue eyes, quiet, caring tactile, solvent, house and car, seeks female companion. Notting not considered! A.L.A. Box no. 981102 (910278 9811)

Intelligent interesting, attractive women, especially short haired or Lara Croft lookalikes for fun, laughing, hedonism. I'm 33 still a boy! attractive likes friends/pubs, hair-gel, sunbathing, skiing, bed tattoos. And couples too! ANYWHERE. Box no. 981104. (910290 9811)

Hi' I am a divorced white male, 45, professional background, financially independent, conservative politics, 6' tall, 13 stone, brown eyes, medium build, tactile. I enjoy the countryside, sunshine, naturist clubs, walking, talking, holding hands, books, boats, and much more. I am a social drinker, don't smoke or do drugs.

I am looking for an attractive, intelligent, younger female who would like to share a completely clothes free lifestyle, following the sun season by season, hopefully leading to a lasting, loving relationship, possibly marriage. Photo appreciated. Box no. 981105 (910295 9811)

Quiet, shy, generous naturist (60) seeks lively, outgoing male friend (under 25) for chat, trips, happy times. South/ anywhere for star. Box No 980301 (910261 9811)

WorldWide Christian Naturist Fellowship bridging the continent. Meet new friends and penpals from all over the world all origins, shapes, sizes and religions. Write to Box no 981103. (910289 98/11).

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West Wales - Llwynteg naturist Centre

is a new concept in British naturism. A combined holiday centre/health centre aimed primarily at the 25 to 55 age group, it is for naturists who seek a more liberal-minded atmosphere than that found in most Sun Clubs. Friendly and informal, people are free to relax and have fun. Indoors there is a modern health suite with all the facilities one would expect including massage. Outdoors there are 18 acres of the most beautiful countryside in West Wales. Prices for accommodation are from £25.00 per room per night. Day visitors are welcome throughout the year and camping is permitted during the summer.

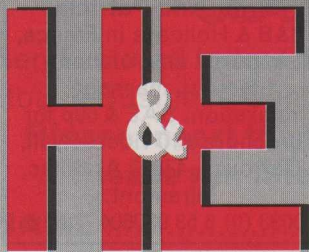
For brochure send 3 first class stamps to: Llwynteg Naturist Centre, Rhydlewis, Llandysul, Dyfed SA44 5PP Bookings only- Tel: 01239 851637 (910041/3 9812)

HERE IS THE B.B.C. NEWS B.B.C. stands for 'Bare Bottom Club'. It is an entirely new naturist organisation aimed at 25 to 55 year olds. Based at Llwynteg Naturist Centre it believes the C.C.B.N. is for old fogeys. The B.B.C. is different. It is humorous, liberal-minded and adult. Most of all it is fun. If you want to tune into the B.B.C., write to: BBC, Llwynteg Naturist Centre, Rhydlewis, Llandysul, Dyfed, SA445PP (910041 9811)

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Final date for classified copy for our January issue (on sale MONDAY, 22nd December) is 21st November

For Mind, Body and Soul. Ladies/Gents soothing naturist massage by qualified male practitioner. personal exploration/ Psychotherapy also available (dressed only) Jon: 0181 903 4951 or 0976 411868 (London) (910231 9811)

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Attention: All massage practitioners are now required to produce documentary evidence of their qualifications before their advertisement is placed.

MODELS

Amateur photographer seeks Tall, slim male (Aged 18 to 25) for naturist modelling- experience unnecessary- photos of yourself provided- no publication. Phone 01302 344621 (sheffield). (910285 9811)

Artist seeks models in photographic documentary, ages 1-80, male and female. Ages still needed: Male 17,78, 80, Female: ,65 -68 +75- 80. Travel expenses paid and print available. Telephone Tony Kelly 0171 627 5439 (910208 9811)

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PERSONAL

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nudest@worldaccess.nl

(98/11 T/C)

New Freedom H&E

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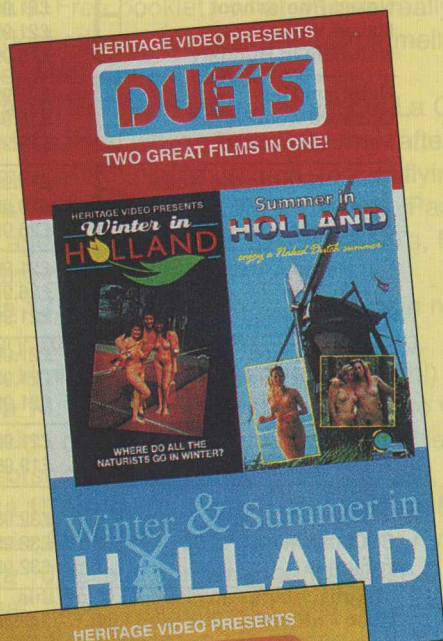
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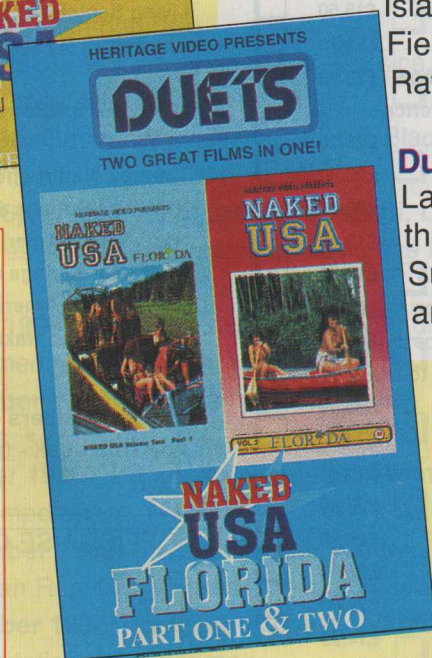
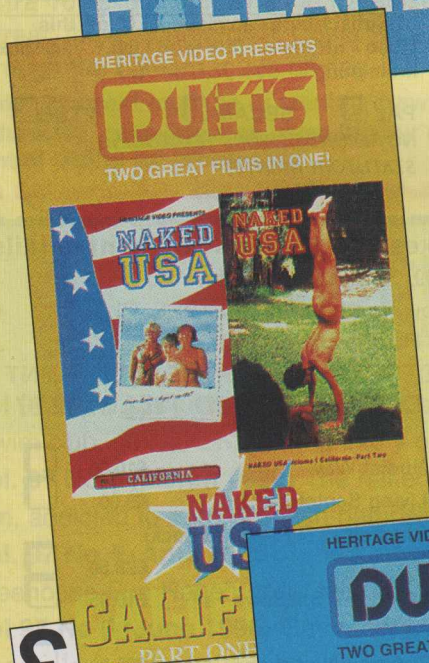
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Your very own

MISTER MOTIVATOR



How many exercise regimes have you started only to end up pigging out on doughnuts by the fifth week? Richard Lawrence tells you how to make sure you're thin, trim and still down the gym six months down the line

Just imagine if everyone registered on a health club's member list turned up to exercise – there'd be standing room only, or perhaps a queue down the street! So why do many of us have great intentions about getting fit, go to the expense of joining a gym, buy the right gear, then drop-out?

All the benefits of exercising are well known; weight control, lower blood pressure, reduced risk of coronary heart disease, prevention of serious illness. We all now know that exercise, no matter what its form, greatly reduces stress, fatigue and increases confidence and self-esteem and a sense of well being. So how can we stay motivated? How can we stick to those New Year's resolutions and beat the boredom factor?

For many of us, the greatest excuse for not exercising is limited time. Most of us have to juggle both family and work commitments, and this balancing act is at best demanding, at its worst, totally exhausting.



Don't get complacent!

The other most common reason for not sticking to an exercise program is boredom. Getting fit can be fun and interesting, if you pick the right program for you, evaluate your progress and stick with it long enough to see and feel the results. It is often very difficult to start an exercise program, it is even harder to stick with it if you don't see the results you want. It is also very important to be realistic about the goals you set for yourself in deciding what you actually want to achieve. Try to be specific; "getting fit" is rather a generic term. Set goals like - I want to lower my resting pulse rate by 10 beats per minute, I want to increase the load of the weights I use by 5 kilograms within 2 months. I want to be able to do 20 full body push-ups. I want to run the marathon - next year, not next month!

The key to staying with an exercise programme is to follow some simple tips.

Goal Setting

Set realistic goals. Don't just make a New Year's resolution to get strong, fit and healthy. Set both long term and short term goals. If you are really out of shape, give yourself 3-4 months on basic routines before starting a more demanding programme. Plan your daily and weekly routines in advance and stick to them as much as possible, don't be side tracked by friends. Remember, without having a clear vision it's easy to get lost in the fog!

Get over the Mental Hurdles

If someone says you can't do something - do you

- (a) believe them and don't try?
- (b) believe them, but have a go anyway?
- (c) don't believe them and set out to prove them wrong?

People will often give you all sorts of verbal and non-verbal signals that are negative. The brain is also quite good at self-talking you into self-doubt. Therefore, it's important not to fall

into the self-doubt traps. Positive thinking leads to a positive attitude and with the right attitude, anything is possible. Friends and family can have a bad habit of creating bad habits! So set some positive example and you will probably find them following your lead.

If you want to look a certain way don't be put off training for that physique. If you want big muscles - train with a programme that will get these results. Get advice from experienced weight trainers. Avoid those people who are negative about exercise and its benefits. In fact - avoid negative thinkers altogether!

Exercise as part of your daily routine

Try to make exercise as part of your daily or weekly routine. If you exercise inconsistently, you will never really feel the true benefits exercise can offer and you will lose focus on what you are trying to achieve or it will seem like the impossible dream. Set a particular day and time for training and try not to budge from that training hour - no matter what! Don't make silly excuses like it's too cold, wet or hot. (Adapt your training regime to cope with the climate, like training in the morning if it's very hot, before the heat sets in for the day.)

If you are usually too tired to train after work, try training before work or during lunch time. If you prefer to train in the evenings, try to go straight after work. You will be amazed at how all the work worries you had seem to vanish after a good workout. Going home first can be fatal to good intentions of working-out.

Increase your pace and challenge your body

Always start your new programmes slowly and gradually. Don't plan to run a mile if you have never done so (brisk walking would be so much more achievable and enjoyable). However, set

yourself realistic goals. For example, if you like weight training for strength, set a goal to lift heavier weights in the next 3-4 months. You may come well under or over your goal expectation, but it will give you the ability to plan more accurately next time.

Monitor your progress and shape

It is important to keep a record of your training programme so that you can see how you are progressing. Most importantly, do not rely on bathroom scales. The best way to monitor your progress is a simple tape measure. By measuring your vital statistics, arms, thighs and calves, to get a more accurate picture of how well you are progressing. This should be done every 4-6 weeks if you are training regularly.

Change your routine regularly

Don't let boredom set in. There are hundreds of ways to challenge your workout and vary your exercise programme. Do different sets and combinations. Change the type of exercises you do for particular muscles. Do a power-blast workout when you feel stagnant.

Keep yourself informed

Read magazines on health and fitness related issues. This will keep you up to date on what's new and any important scientific discoveries on training. Don't rely too heavily on what other people tell you, unless they are an expert in their field. Being educated and aware of how your body works, will help you understand fact from fiction. Reading is also a great way to stay motivated.

Lifestyle

Lifestyle can change due to job circumstances, holidays or pregnancy. Depending on the type of lifestyle change, fitness can generally be maintained by brisk walking, jogging, aerobics and swimming. Exercises like push-ups, sit-ups and a good set of adjustable dumbbells can really help when you can't get to the gym.

Have a break

Having a break from exercise should not cause you to feel guilty or worry about silly myths such as muscle turning to fat. If you do stop training, examine the reasons why. Most importantly, exercise should be done because you enjoy it, not because you feel pressured to look a particular way.

It is important that you don't do strenuous exercise if you are unwell. Proper rest is the best way to a quick recovery. If you get very ill, be prepared to train lightly when you do resume exercising. Getting over a long term illness puts a lot of stress on the body, so don't try anything too strenuous, a relapse will not be good for your health or motivation.



Rewards

Set up a positive reward regime for yourself. This is a great way to motivate yourself and is fun.

For example:

- Have a massage at the end of a month when you have really exercised hard.
- Purchase some new training gear when you "measure-up" well.
- Try a vegetarian meal out with a friend.
- Have a facial or beauty treatment that you've never tried before.

Travelling

If you have a job that involves travelling, which means that you cannot train as regularly as you would like - don't give up. If you stay in hotels, make staying in a hotel with a gym or a swimming pool a priority. If there is no hotel gym or pool, then prepare a small fitness regime for yourself, to take on the road.

For example, your travel bag could include some very inexpensive and small items that won't take up much room. A skipping rope, some resistance bands or tubing and if possible some dumbbells! Then set up a small simple circuit for yourself along the following lines **|||**

Warm-up with a slow skipping 5 min

Stretch - quads, hamstrings, calves, chest and shoulders 5 min

Circuit

1. push-ups

20 reps of full body push-ups (if possible)

2. abdominal crunches 30 reps

3. skipping 10 min

4. triceps dips 20 reps

5. squats 30 reps

If you have some resistance tubing or bands, then you can add exercises like biceps curls, lateral shoulder raise - be imaginative!

Do not rest too long between each exercise, then repeat this circuit 3-5 times, cool down then stretch.

Got a Question?



...then
just pick up the phone!

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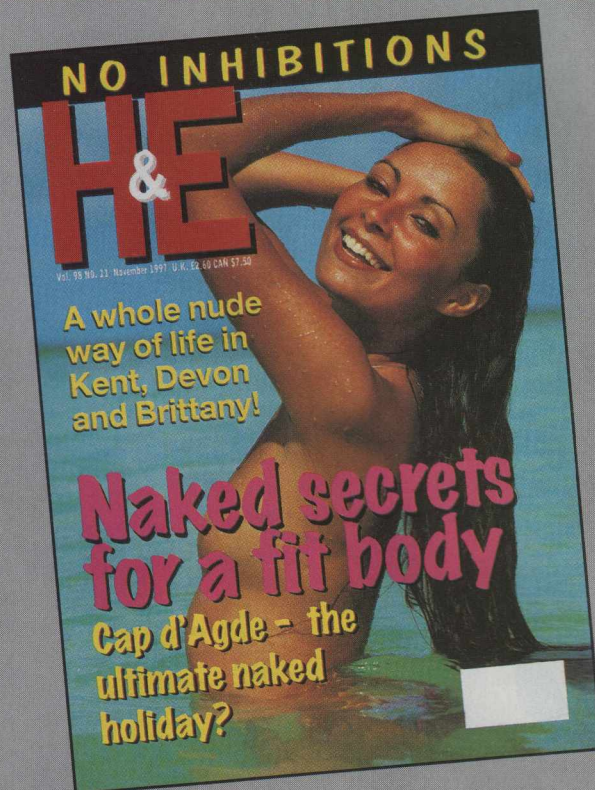
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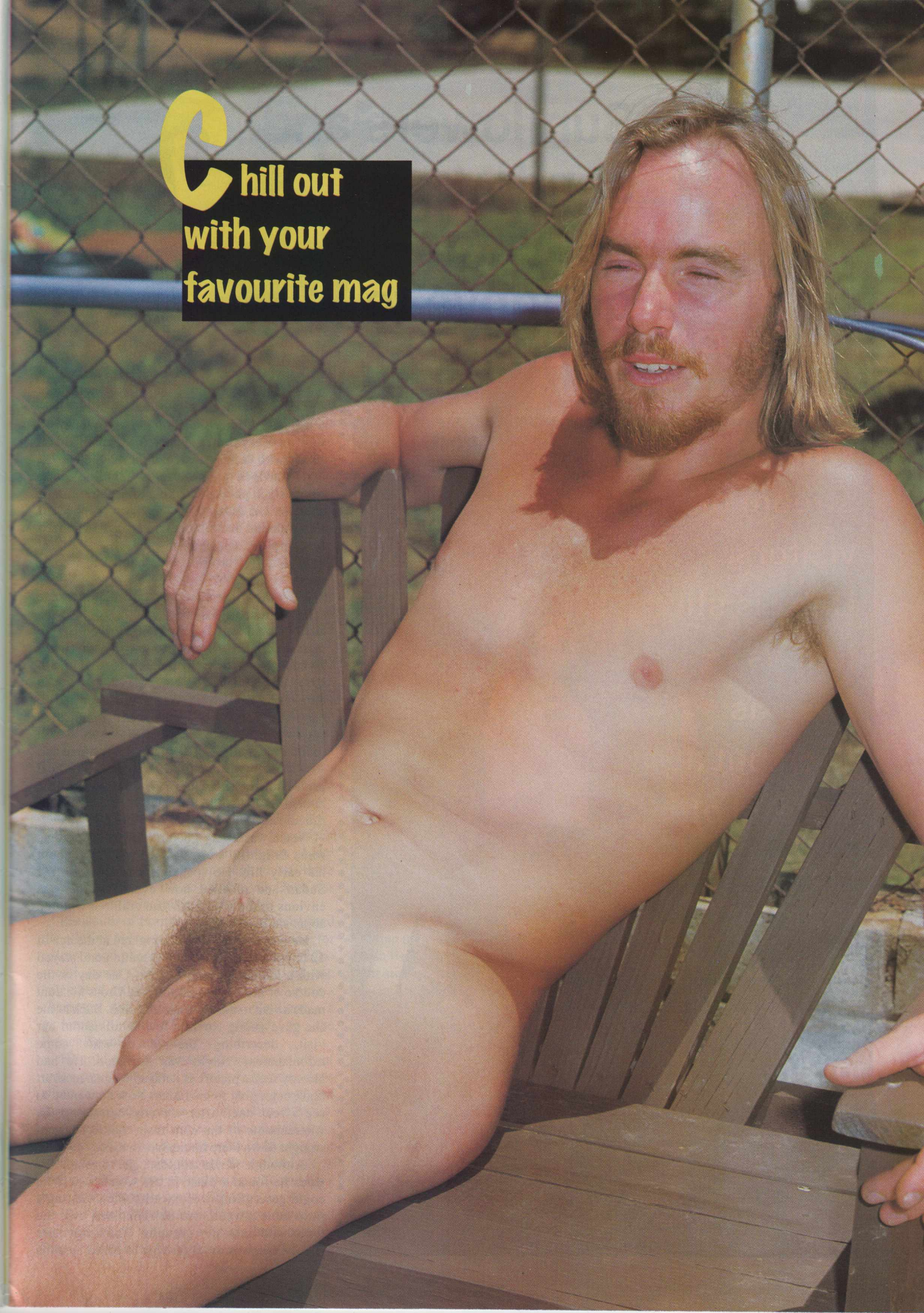
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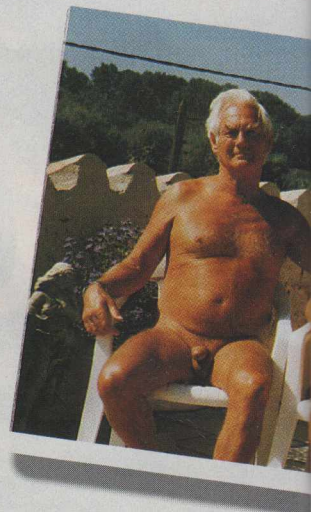
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BAB'S DIARY

Sunflowers and sundowners - saying goodbye to September



With a
stream of
visitors,
Babs is still
just as
busy as
ever, but at
the end of
this month
their fun in
the sun
really is
over.



We met Nevin in the early part of last year during an H&E photoshoot and have kept touch ever since. When I heard he was making a slow recovery from a slipped disc, I invited him to stay with us in France for a short holiday.

He arrived at the airport hobbling along obviously in pain and looking rather stressed. At home on our sunny terrace he soon stripped off all his clothes and relaxed on a lounge. I noticed a complete change in his face almost immediately - he looked so calm and free of stress.

Nevin told me about the remedial massage sessions that he had been having to ease the terrible pain in his back. He arrived at the massage clinic wearing just a pair of shorts and a T-shirt. When the woman masseuse told him to strip off to his underpants, Nevin replied he didn't wear any, but he was a naturist and had no hang-ups about his body. She was not impressed and ordered him to keep his shorts on. Nevin found it difficult to understand this attitude and so did I. I was amazed to hear a medical professional, whose job it is to deal with the human body could react in this way. How ridiculous.

Nevin was a very good raconteur and told us some delightful stories as he reminisced about his early life. He spent his childhood in the Sudan and recalled how even then he was envious of the young African children who ran about stark naked.

He was shipped back to England at the age of 12 to complete his formal education and stayed with a maiden aunt in Sussex. One day in the course of her work with the Red Cross his aunt made a visit to the local naturist club. Back home she gave young Nevin a few details about her visit, describing the place with some astonishment. Nevin was intrigued. He had already seen a picture of a naked woman in an art book belonging to his father. Now he wanted to see a real one. After cleverly extracting the whereabouts of the club from auntie he went straight down there binoculars in hand.

Although Nevin couldn't get through the gates he found a place in the woods where he could get a glimpse of naked bodies. Getting a little more adventurous he clambered over the fence and into the grounds. Thinking quite rightly this was the right way to blend into the



surroundings of the naturist club, he took off all his clothes and tied them into a bundle with his binoculars inside.

After hearing some voices Nevin ran in a blind panic into a nearby shed and hid among the tools. He was eventually discovered by a pretty lady who asked him what he was doing. Poor Nevin was mesmerised by this wondrous sight and immediately got an erection.

The young woman tactfully withdrew from the shed, at the same time reassuring Nevin that his present condition was quite natural and nothing to worry about. Nevin gave her a couple of minutes to get clear, before gathering up his clothes and running off.

It was Nevin's first visit to the Languedoc area of France and he was surprised to find so much beautiful and comparatively deserted countryside. We showed him our sacred spot on the hill and he was so taken with the smell of wild herbs it was something I think he will remember forever. We had some lovely days with Nevin and enjoyed his company very much. He left us to return home feeling in his own words "so very much better both physically and mentally".

Dotted among the acres of vineyards and fruit trees are huge fields of sunflowers. I am hypnotised by the glorious colour of these magnificent plants. It's no wonder Van Gogh was compelled to paint this beautiful sight.

The south of France is a haven for artists and the alluring colours and bright light are ideal for painters and photographers. I was privileged to spend some time in the company of the celebrated artist Pierre Chartron. He is quite a character and now lives at Coulierre, a picturesque little fishing village on the French/Spanish borders.


He told me he was sad to see the youth of today, just sitting about in front of the televisions when there is so much to see in the world and there are so many more opportunities to travel. As a well-respected painter in the area, Pierre is often asked to display examples of his work at exhibitions and events through the region I got on well with Pierre and his charming wife and have been invited to have lunch with them one day.

Two more friends from England arrived and we decided to arrange a beach barbecue for Jennie's 50th birthday which she was celebrating



during their stay with us. We decked out the trees with flags and had a great time dancing around in our strange masks. Other beachgoers joined us, including our French friend Germaine. I think it will be a day he won't forget in a hurry.

Another day we took our visitors across the border to one of the nearby Spanish beaches. I was very surprised to see how the once calm blue sea had changed so soon as summer comes to an end. Now there were huge waves which crashed onto the rocks then rolled onto the shore leaving a trail of white foam on the sands.

As the nights draw in the swallows congregate on the wires ready to fly off to a warmer climate and the flamingos arrive at their usual breeding grounds for the winter. It's time for Mike and I to board the shuttle for our journey back to England and another summer has come to an end. Where does the time go to? 

Celebrations - a day they won't forget in a hurry

H&E first time confessions

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DIANA AND GEORGE



"I am a 38 year old male and have been a frequent user of Free Beaches for 17 years or so and enjoy a nude lifestyle at my home when the opportunity arises. I am into the 'natural' side of naked living as opposed to an excuse for promiscuous behaviour - I would very much like to get involved in British naturism, I wonder if you can recommend a naturist venue which might be suitable for me. Also I am a very keen backgammon player, Do you know of any other naturist into backgammon?"

D Virtually all the naturist clubs and beaches would be suitable! Grab a guide book (yes, we sell them) and get exploring. As for backgammoners - who knows. Maybe we could hold the very first (as far as I am aware) naturist backgammon championship.

G Would that be a Board games competition or a Bored games competition?

D Depends whether you're watching or taking part probably. The idea has serious winter potential - chess, draughts, backgammon, roulette...

"What are your views on Eureka? I have heard good and bad but I would like to go to form my own opinion."

D Exactly. So our view is not really relevant! Go and find out - it's open to all, and seems to be all things to all people. For better, or worse!

G Monopoly, Ludo, Sexual Trivia...

"I found looking through a recent copy of H&E that I was becoming aroused sexually by the photos. To my further alarm, it was not only the females but the males that were causing this reaction. Is this normal?"

D I think once you've set your mind into a sexual channel, it is possible to find a picture of anything arousing. After all, a banana really has very little sex appeal in its own right, but if you happened to be thinking about sex at the time, it becomes an obvious sexual symbol. In the same fashion I think either sex can provoke an erotic response from either sex given the mind is open to it.

G I believe there are many women, for instance that are turned on by the models in men's "soft porn" and "hard porn" even though they are definitely usually into men.

D It comes about because you can identify with them in some fashion and your brain goes off on tangents of thinking what you'd be like in that situation. Naturist pictures are only different in that are not presenting a sexual scenario to you. However if your mind insists on superimposing a sexual setting on them, then an erection results.

G Totopoly, Pass the Pigs, Chinese Chequers, Beat Your

Neighbour out of Doors...

D I know that as Strip Jack Naked...

G Exactly:

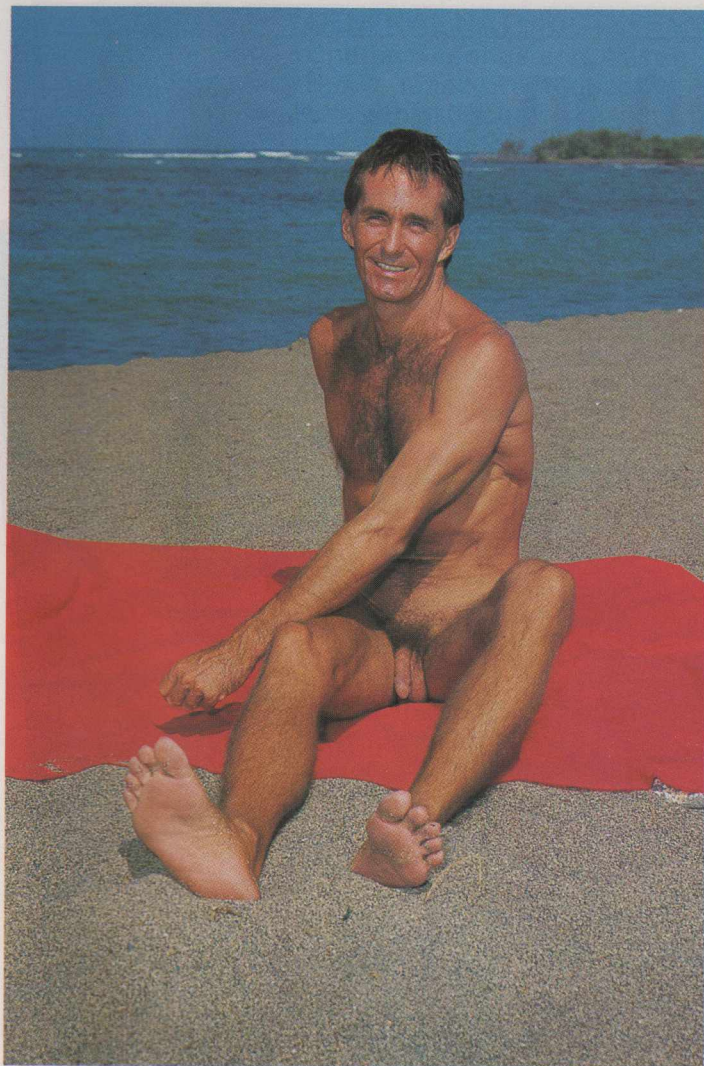
"You asked to hear about home nudies. I'm one, together with a friend. Our houses overlook each others. Our friendship started by accident when by coincidence we both used to do morning exercises in the nude in the summer with windows open, we gradually became aware of what we were both doing. Eventually we met and discussed this mutual form of enjoyment. As we got on well, it seemed agreeable to share these moments. This we have now done for several months. We take it in turns to go to each other's house, and enjoy going through our routines of nude exercises. I have to own to a particular thrill when we jump up and down to see the sensual movement of her body. She confesses she rather likes such exhibitionist behaviour between us. There seems nothing more natural than sitting together naked, reading H&E or sharing a shower - but we have not yet displayed ourselves publicly. You may consider all the above rather mundane. But it is how we derive pleasure from our version of a naked lifestyle."

D Doesn't sound very mundane to me! It's the sort of thing we might read about in a novel. Man and woman spy each other from afar and go on to enjoy a secret tryst with each other. I've never managed to see a neighbour of ours doing anything more than hanging out the washing (fully clothed).

G I'm interested in the phrase "displayed ourselves..." Makes them sound like a work of art about to be hung in the gallery.

D Or well hung on the beach?

G Diana, do you have to sink to such depths?



D Well, the human body is a work of art isn't it?

G Yes, and many follow the Rubenesque school. I think we have touched on the tip of an iceberg talking about home nudies:

"I joined a club with a girlfriend and spent many a happy hour there. However, we parted and while the owner did not exclude me directly, his attitude towards me and the feeling I was being constantly scrutinised for 'wrong behaviour' led to a parting of the ways. Since then I've married and my wife over the years has been converted from private nudity to wanting to try a club. This went without success due to my Prince Albert piercing. So our nudity tends to be confined to our large patio and indoors. Currently we are waiting for our neighbour to rebuild his garage. When he does it

will shield us from overlooking windows and allow us to use our garden more profitably. We are also looking into sharing our facilities with other pierced couples who have found they are barred from club membership. In the winter we run the heating at 22 Celsius to allow naked living behind drawn curtains. I have even been know to go onto the patio with the air temperature below freezing. Mind you, I didn't

If you have a problem or you just want to discuss something with George and Diana (and Stuart), you can write to them at New Freedom Publications Ltd, Bow House Business Centre, 153 - 159 Bow Road, London E3 2SE. Send an sae if you'd like a reply. Also, if you have any extra ideas of help and advice for any of the problems aired on these pages, please do write in with them.

stay out for long. Conversations with various club member has led me to believe that some keep nudity for the club only, others for their holidays and the club, but very few are naked around the house and garden most of the time."

D I suspect that home nudity is far more widespread than you suspect. House nudists are by and large the ones who tend to keep their nudity quietly to themselves. Clubs and beaches are of no particular interest to them because they have facilities at home and don't feel the need to socialise in the course of their nudity.

G Well, for me, sitting nude on the dralon sofa supping tea while watching "Eastenders" doesn't quite cut it.

D "Brookside"?

G I'll ignore that. No, it has to be warm beaches and cosy club houses for me - and people. Without people, naturism is just plain nudity.

D Patience, Snap, Happy Families...

"We have been members of a naturist club for a couple of years now. We take our children along with us, but find it's getting harder and harder to persuade them to go. So much so, that they sulk most of the time we're there. That in turn is having an effect on my wife, who says it's not worth all the hassle to go to the club. I feel my naturist life slipping away from me - suggestions?"



D Leave the children (if they're not old enough to look after themselves) with a reliable relative or friend.

G Leave the wife with a reliable friend!

D Or book up a trip to a totally new naturist venue, with lots to do for the kids.

G And good facilities so your wife doesn't have to pack picnics in advance and the children are less likely to get bored.

D Ah, back to "Bored" Games. . . Scruples, Game of Life, Ulcers. . .

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Sun, sea and fun in . . .

Northern France

If you're grabbed by the Dunkirk spirit then look out for the official naturist beach at Bray-Dunes. This 500 metre beach is north-west of Dunkirk between Bray-Dunes and the Belgian border. Walk down to the dunes (about 25 minutes to the naturist area) from the Military Maritime Hospital in Zuydercoote.

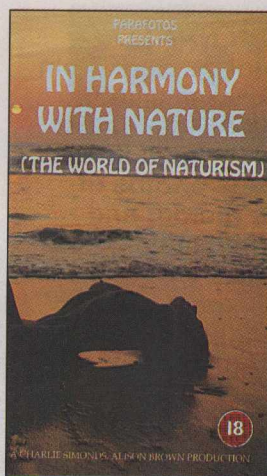
Further west in Normandy is an attractive beach near Bréville sur Mer. To reach it, come off the road linking Granville with Coutance and drive towards the aerodrome. Don't follow it round to the right, rather carry on straight towards the sea. Head towards the left side of the beach.

In Brittany, the first beach north of Pointe Corsen is popular with naturists. To reach the beach leave Plonharzel on the road to Trezier and continue straight on to the coast where you go left on cliff top for the car parks. This narrow beach is protected by cliffs. The most southern car park has steps down to a semi-nude beach and you just need to follow the beach up to reach the naturist end.

Further along on the tip of Brittany's wild coastline are the beaches of Moustierlin and Beg Meil. Park at Kerier or Moustierlin seafront and walk along the beach for about one and a half miles. The "tolerated" zone is marked with a tall white post. Take the footpath inland and reach the nudist area at the third exit along. Beg Meil is at the end of the sand spit. Both beaches are recommended.

The beaches near Treguennec are also worth a visit. They can be found between Pointe de la Torche and Plovan. Go via Pont l'Abbé from Quimper or bypass it on the D156 Plonéour-Lanvern and then on to the coast via the village of Trégennec. You can park on the track through the dunes right of where the D156 reaches the beach. This is landmarked by a large ruined blockhouse which marks the southerly border of the naturist zone. In good weather it's a lovely beach.





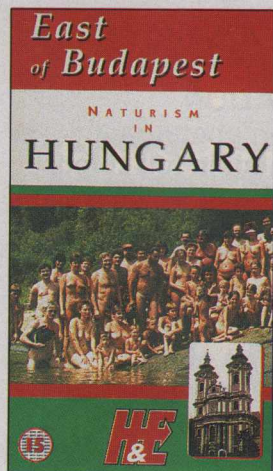
GENERAL NATURIST
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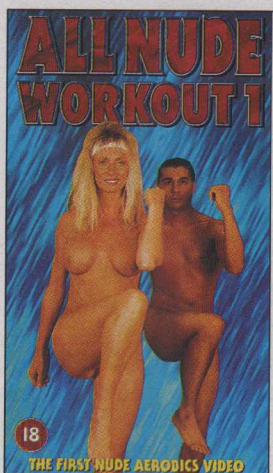
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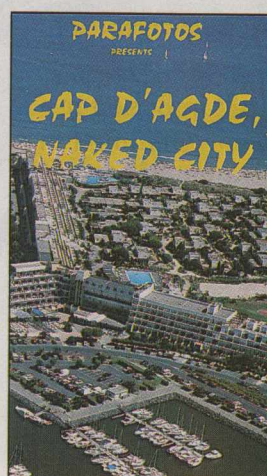
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VISTA BAHIA, IBIZA
Enjoy a visit to the delightful Club Vista Bahia Nature on Ibiza through the video lens of Charlie Simonds and his crew. It all starts out as the outcome of a naked hike in the countryside... Barely Balearic shows you a new naked side to the Ibiza experience!

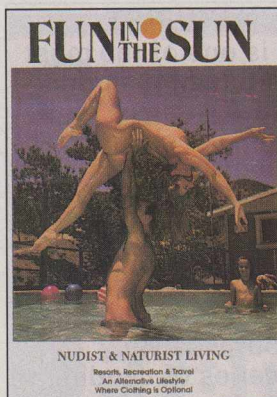
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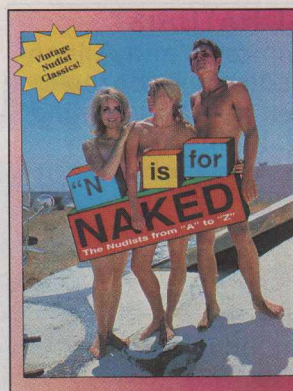


CAP D'AGDE, FRANCE
Take a look at the resort of naturist Cap'Agde, which at the height of the holiday season accommodates 40,000 naturists. You can shop, visit the bank, or go to the hairdressers without a stitch on - (as well as relax or swim of course!) Naked Cap d'Agde is a naturist phenomenon unrivalled in the rest of the world. (approx 55 minutes)

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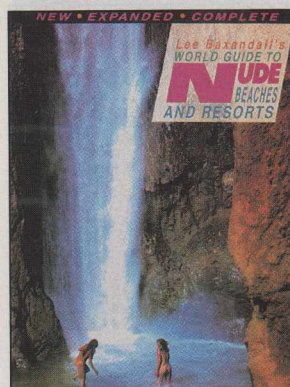


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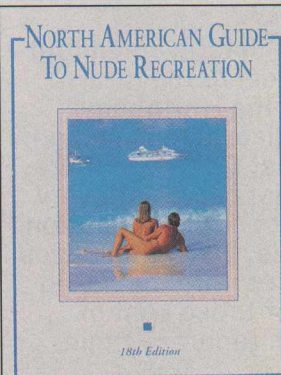


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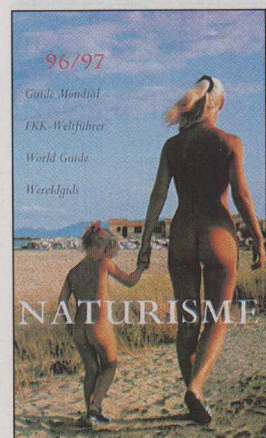


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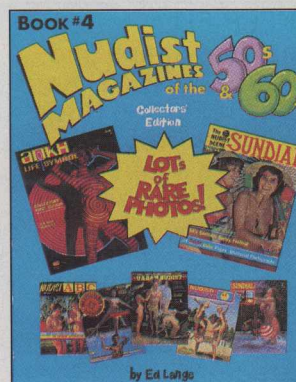
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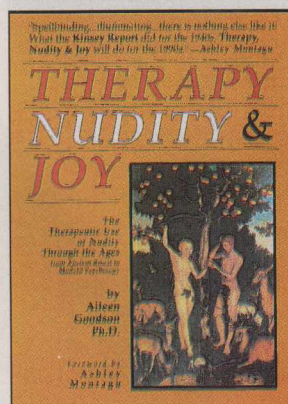
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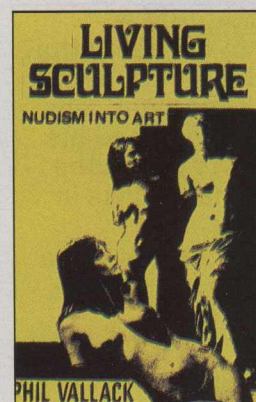


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